

Spring is Here!



NATICK **COMMON** **GUIDE**

Town of Natick
Community Services Department

Recreation and Parks • Council on Aging • Veterans' Services
Human Services • Natick Community Organic Farm

MassBay Community College is Coming to Natick!

Take college courses at
Natick Community-Senior Center

Night Classes Start March 24th

www.massbay.edu/natick

781-239-2411 



Your dreams. Our mission.

Take advantage of the most affordable higher education in MetroWest
– **night classes for credit now being offered right here in Natick.**

Perfect for working adults!

Exploring World Religions (HU 105) – Compares what world religions believe about God, atheism, grace, karma, reincarnation and more. Explores what these beliefs contribute to our understanding of today's issues. 3 credits. **T & Th 6:00 pm – 8:45 pm**

Drawing I (AR 121) – Drawing studio introduces and builds upon fundamental drawing concepts including line, value, shape, form, space, intent and other elements. Students will work with erasers, charcoals, pencils, pen and ink, black and white colored pencils, and conte crayons. This course is appropriate for experienced students and beginners. 3 Credits. **M & W 6:00 pm to 8:45 pm**

History and Appreciation of Art II (AR 102) – Covers the history of Western Art from the Renaissance to the present. Includes Michelangelo, van Eyck, Durer, Velazquez, Rembrandt, Goya, Picasso, and Matisse. Emphasis is given to sequential development of major styles in painting, sculpture, and architecture, the role of the individual artist, and the relationship of visual arts to social cultural trends. 3 Credits. **M & W 6:00 pm to 8:45 pm**

Career Development: Making an Informed Decision about your Future (WK 009) - Hands-on series of four workshops to assist individuals as they work through the process of discovering a new career. The sessions will cover a range of topics: Self-Assessment, Exploration, Focusing, Search. Resumes, applications, cover letters, and interviewing skills. This is a non-credit class.

Meets 4 Saturdays: March 29, April 5, April 12, and April 26 (no class on Sat April 19th); 10:00 am to 1:00 pm. Cost: \$125.

Registration Now Open!

**Stop by the Natick Community-Senior Center,
or MassBay's Wellesley Hills or Framingham campus;
online at www.massbay.edu/natick.**

REGISTRATION Call (508) 647-6540

for more information or to register
for a class or special event.

Register online at:
www.natickma.gov/recreation
Opens March 9, 7pm

FINANCIAL AID

Any community member can
request a scholarship. Call our
case management staff
for confidential assistance:
(508) 647-6540.

Greetings –

The Community Services Department is delighted to provide you with the spring 2014 edition of the Natick Common Guide. Inside you'll find a complete listing of the various courses, lectures, workshops, special events and activities available through this department for all who call Natick home. In addition, you'll find an array of resource information we hope you'll find to be of use.

Having recently completed a series of community meetings to better understand your needs and priorities the department has learned, among other things, that our residents are interested in seeing us increase the type and number of cultural and learning opportunities available for adults. We've heard you! We're very excited to announce a new partnership between the Town of Natick and Mass Bay Community College to offer an interesting menu of credit courses and non-credit workshops at the Community Center in downtown Natick. We're committed to offering our residents high quality learning opportunities and hope the selection we've arrived at this semester pique your interest and meet your expectations.

Equally as exciting, we're very pleased to announce the launch of the Natick Community Garden Project at JJ Lane! With the support and leadership of the Conservation Commission, the town is realizing what many of you have asked for: access to community garden plots in your neighborhoods. The first of what we hope will be many more community gardens to come; the Department is very pleased to be managing this long awaited initiative. More detailed information about the new gardens is available on the last page of the Guide.

On behalf of the Department, we wish you a lovely spring.

– Jemma Lambert

Director, Community Services Department

www.natickma.gov/communityservices

COMMUNITY DIRECTORY

Affordable Housing	(508) 647-8410
Bay Path Elder Services	
Meals on Wheels	(508) 573-7200
Natick Cultural Council	(508) 277-2470
Early Childhood Development	(508) 655-2557
Emergency Shelter	(508) 872-4853
Family Resources of Natick	(508) 655-2557
Food Pantries	
A Place to Turn	(508) 655-8868
Natick Service Council	(508) 655-1791
Food Stamps	(508) 661-6600
Kids Connect	(508) 652-4211
Leonard Morse Hospital	(508) 650-7000
MetroWest Legal Services	(508) 620-1830
MetroWest Medical center	(508) 383-1000
MetroWest The RIDE	(508) 820-4650
MetroWest Transit Authority	(508) 935-2222
Natick Cab	(508) 653-2300
Natick Center Associates	(508) 653-8848
Natick Housing Authority	(508) 653-2971
Natick post Office	(508) 653-8406
Natick Services Council	(508) 655-1791
NSTAR	(617) 441-8000
Pegasus (Local TV)	(508) 651-0022
Psychiatric Emergency Services	(508) 872-3333
Salvation Army	(508) 875-3341
TCAN	(508) 647-0097

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WEATHER-RELATED CANCELLATIONS

Classes / activities may be cancelled due to extreme weather or unsafe conditions. If the Natick schools are closed all daytime classes will be canceled. Evening classes may or may not be held depending on road conditions. Contact the Community-Senior Center for updates.

Open for All

NATICK MUNICIPAL NUMBERS

FEE REDUCTION PROGRAMS:

EARNED INCOME TAX CREDIT	(508) 647- 6519
ELDER AND DISABLED TAXATION FUND	(508) 647- 6420
PROPERTY TAX EXEMPTIONS	(508) 647- 6420
PROPERTY TAX REDUCTION FOR SENIORS	(508) 647- 6540
PROPERTY TAX DEFERRAL PROGRAM	(508) 647- 6420
SCHOOL FEE ASSISTANCE	(508) 647- 6493
WATER/SEWER ASSISTANCE	(508) 647- 6420
ANIMAL CONTROL	(508) 647- 9545
BACON FREE LIBRARY	(508) 647- 6730
BOARD OF SELECTMEN	
/TOWN ADMINISTRATOR	(508) 647- 6410
BUILDING INSPECTOR	(508) 647- 6450
INSPECTIONAL SERVICES	
CASE MANAGEMENT: HELP	
WITH ACCESS TO BENEFIT PROGRAMS	(508) 647- 6540
CLERK, TOWN	(508) 647- 6430
COLLECTOR/TREASURER	(508) 647- 6425
COMMISSION ON DISABILITY	(508) 647- 6519
COMMUNITY SERVICES DEPARTMENT	(508) 647- 6540
COUNCIL ON AGING	(508) 647- 6540
HUMAN SERVICES	(508) 647- 6519
COMMUNITY FARM	(508) 655- 2204
RECREATION AND PARKS	(508) 647- 6530
VETERAN'S SERVICES	(508) 647- 6545
CONSERVATION COMMISSION	(508) 647- 6452
ENGINEERING	(508) 647- 6551
FACILITIES DEPARTMENT	(508) 647- 6504
FIRE DEPARTMENT	(508) 647- 9550
HEALTH DEPARTMENT	(508) 647- 6460
HIGHWAY	(508) 647- 6562
MORSE INSTITUTE LIBRARY	(508) 647- 6430
PLANNING BOARD	(508) 647- 6520
POLICE DEPARTMENT	(508) 647- 6450
PROPERTY ASSESSMENT	(508) 647- 9500
PROPERTY TAXES	(508) 647-6420
PUBLIC WORKS DEPARTMENT	(508) 647- 6420
AFTER HOURS EMERGENCY	(508) 647- 6550
RECYCLING CENTER	(508) 651- 7317
REGISTRAR	(508) 647-6459
SANITATION	(508) 647-7317

EVENT RENTAL SPACE AT CSC

The Community-Senior Center is available for rent in the evenings and on weekends. We have a variety of spaces available for a modest fee. Spaces can be used for parties, showers, non-profit group sport activities.

- The Great Room –
Seats 160 people in rows, or 120 at round tables
- The Gym: Full court gym with basketball or volleyball setup
- Classrooms: Several sizes
- Art room: Sunny room with sink

RENTAL SPACE AT THE COLE CENTER

The Cole Center is available for rent in the evenings and on weekends. We have a small gym and a few classroom spaces. We can accommodate groups of 2-50 and anything in-between, depending on your needs. Great for birthday parties.

Facilities include:

- Medium-sized event space for parties and function
- Small-sized meeting rooms
- Small-sized gymnasium, with or without equipment

For more information or to inquire about renting the Cole Center, please call (508) 647-6530.

FIELD AND PARK RENTALS

The Natick Recreation & Parks Department is proud to be stewards of the fields and parks in town. These facilities are open to the general public from dawn till dusk, and most can be reserved, by a group or individual. Please visit our website at www.natickma.gov/recreation or contact us at (508) 647-6530.



BIRTHDAY PARTY!

Come have a piece of cake to celebrate, if you have a birthday during the month. Or even if you don't.

Day	Times	Dates	\$
Thu	1:00pm	Mar 20	free
Thu	1:00pm	Apr 17	free
Thu	1:00pm	May 15	free

Register at CSC in advance, (508) 647-6540

Special Events



ST. PATRICK'S DAY AT THE CSC

IRISH STEP DANCING

Students from the Whyte School of Irish Step dancing, will perform in both hard (jig) and soft (ghillies) shoes. They will be dressed in traditional costumes.

Day	Times	Dates	\$
Fri	2:30pm	Mar 14	free

Call the CSC (508) 647-6540 to register.

ST. PATRICK'S DAY BRUNCH

Sponsored by Natick Rotary Club

Food, drink, favors, entertainment.

Day	Times	Dates	\$
Sun	10:00-11:30am	Mar 16	free

Call the CSC (508) 647-6540 to register. Limited to the first 125 people. Advanced sign-up required.

MIRROR IMAGE – A REAL 'ENCHANTED MUSICAL'

presented by Natick Drama Workshop

Wilson Middle School Auditorium

24 Rutledge Rd., Natick

Friday, April 4, 7:00pm

Saturday, April 5, 2:00pm & 6:30pm

Sunday, April 6, 2:00pm

Tickets will be available prior to the show dates and at the Cole Center, the Library, and at the door a half hour before showtime.

Fri 9:30am May 9 free

Visit <http://ndw.squarespace.com/> for more information on tickets. Advanced sign-up required.

THE NATICK HISTORICAL SOCIETY AND MUSEUM PRESENTS –TAKE YOU OUT TO THE BALLGAME

Instructor: Herb Crehan, Red Sox Historian

Location: CSC

Join Herb Crehan as he recaps the world championship victory and gives his straight-from spring training look at the year ahead. He'll share behind the scenes stories and relive the memories, pictures and stories. All ages, welcome.

Day	Times	Dates	\$
Sun	2:00pm	Mar 30	TBA

Call the CSC (508) 647-6540 for more information.

MOTHER'S DAY BREAKFAST

Location: CSC

Sponsored by Mary Ann Morse Healthcare Center. Mothers and their guests are invited to celebrate Mother's Day at the third annual appreciation breakfast. All ages welcome but advance sign-up required. Call the CSC (508) 647-6540 to register. Limited to 125. Advanced sign up required.

SENIOR MAN & WOMAN OF THE YEAR

May 22nd at the CSC

The Senior Man & Woman of the Year are identified annually as two individuals who best exemplify the commitments, skills and accomplishments of Natick's older citizens. We encourage you to nominate someone in the community who is an inspiration to you. Nomination forms and eligibility requirements are available at the Community-Senior Center, Recreation and Parks Department, Selectmen's Office, Morse Institute Library, and the Bacon Free Library or online at www.natickma.org on the department page for the Council on Aging. Return your completed form to the CSC, Senior Man & Woman of the Year 2014, 117 East Central Street, Natick, MA 01760 no later than Friday, March 21st, 2014 at noon.

VISIT US ON FACEBOOK
'NATICK COMMUNITY SERVICES'

FLASHLIGHT EGG HUNT - grades 1 - 4

Saturday, April 19

Hunt starts at 7:45pm.

Natick High School Baseball Field

Come on down and join the fun. Each child should bring a flashlight. Child must be able to do the hunt on his/her own.

\$2/child, payable at the gate entrance.

FUN WITH THE BUNNY - ages 3 - K

Saturday, April 19

Starts at 4:00pm

Cole Center, 179 Boden Lane, Natick

Come join in on the fun at Cole Center where there will be entertainment, along with a special guest.

\$2/child payable at the door.

Trips

BOSTON FLOWER SHOW

Location: Luxury bus departs/returns to CSC.

Depart from CSC at approximately 8:30 am for the renowned Boston Flower Show with this year's theme 'Romance in the Garden'. Followed by lunch at Maggiano's. Return back to CSC at approximately 5:00pm.

S#	Day	Times	Dates	\$
01	Thu	8:30-5:00	March 13	\$79

Register at CSC, 508-647-6540, cash or check, payable to 'Town of Natick' due upon registration.



**DAY TRIP TO FENWAY
SEE THE RED SOX PLAY THE ANGELS**

Location: Depart from Natick Community-Senior Center to Fenway Park

Silver Fox Motor Coach bus

Grandstand third base side

Day	Times	Dates	\$
Mon	Evening Game	Aug 18	\$89

Cash or check payable to 'Town of Natick' due upon registration. Call the CSC (508) 647-6540 to register.

FILMS FOR ALL AGES - at the CSC

MONDAY MOVIES

Mondays, show times: 12:30pm and 5:30pm

March 3	Closed Circuit
March 10	Enough Said
March 17	Instructions Not Included
March 24	Blue Jasmine
March 31	Last Vegas

WEDNESDAY FOREIGN FILMS

Wednesdays. Show times: 1:00pm and 5:30pm

March 5	I'm So Excited
March 12	The Attack
March 19	Reality
March 26	Augustine

THURSDAY FILMS

Thursdays, Show times: 1:00pm and 5:00pm

March 6	The Spectacular Now
March 13	Captain Philips
March 20	Rush
March 27	Nebraska

FAMILY FRIENDLY FILMS

FOR APRIL VACATION WEEK

Location: CSC

Adult supervision required.

Tue	April 22	10:00am	Free Birds
Wed	April 23,	10:00am	Frozen
Thu	April 24	10:00am	Cloudy with a Chance of Meatballs 2
Fri	April 25	10:00am	Khumba

Detailed schedule for April /May available at CSC

FINANCIAL AID

Any community member can request a scholarship. Call our case management staff for confidential assistance: (508) 647-6540.

LINCOLN CAFÉ

Monday - Friday 11:00-2:00 at the CSC

The Lincoln Café operated by the Friends of the Natick Senior Center, Inc. is open Monday through Friday at the CSC from 11:00-2:00 and offers affordable lunch options. The community is welcome.

Due to the Friends outstanding success they are looking for volunteer sandwich/salad people to assist in the kitchen. Come join our happy crew! Please contact Ann at (508) 647-6540 if you are interested in volunteering in the Lincoln Cafe.

WEATHER-RELATED CANCELLATIONS

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**VISIT US ON FACEBOOK
'NATICK COMMUNITY SERVICES'**

**TRIP TO WASHINGTON DC
AND CHERRY BLOSSOM FESTIVAL**

Location: Luxury bus departs from and returns to CSC.

The DEADLINE has been extended to March 10 for this must-do trip to our Nation's Capitol. Touring by luxury bus, staying in an Embassy Suites hotel with most meals included and tours/stops at renowned sites including the Capitol, White House, War Memorials, Tidal Basin, Arlington National Cemetery, Smithsonian Museums and more. Reasonably priced from \$494 to \$614 depending on your room choice. Please call the CSC (508) 647-6540 for information and details.

S#	Day	Dates	\$
01	Thu-Sun	Apr 10-13	\$494 to \$614

**DAY TRIP TO NEW YORK CITY
SEE THE STATUE OF LIBERTY,
ELLIS ISLAND AND THE 9-11 MEMORIAL**

Upon arriving at Battery Park in New York City, you will board a ferry, which will take you to both the Statue of Liberty and Ellis Island. You'll have time to view all the exhibits, which focuses on the great immigration to America. After returning to Battery Park, our group will travel to the 9-11 memorial. Price (\$) includes all transportation and admission to 9-11 Memorial.

Day	Times	Dates	\$
Sat	6:30am-10:30pm	Sept 6	\$89

Register at CSC, or call (508) 647-6540. Cash or check payable to 'Town of Natick' due upon registration.

BLAST BABYSITTING (Grades 6-9)

Location: CSC Natick

Instructor: Juanita Allen, EMT and PR & First Aid Instructor

Babysitting lessons and Safety Training

Potential babysitters will learn how to handle the basics of infant and child-care. Topics that will be covered include how to react responsibly to medical emergencies, first aid for common childhood injuries and illnesses, and how to set up and run your own babysitting business. This is an American Academy of Pediatrics

Course.

Participants will receive a certificate of completion, easy-to-follow first-aid instructions, and a sitter checklist to copy for each job.

Participants should bring a light snack and a drink to class.

S#	Day	Times	Dates	\$
01	Tue	3:00-6:pm	Apr 8	\$43
01	Thu	3:00-6:pm	Apr 8	\$43

Register online at www.natickma.gov/recreation

Farm Special Events

A FARMER'S MORNING - all ages

Location: Natick Community Organic Farm

Let's do it the farmer's way! First we will take care of the animals, feed and water them. We'll collect fresh eggs for breakfast and then head inside for a hearty fabulous breakfast. \$20pp.

S#	Day	Times	Dates	\$
01	Sun	9:00 - 10:30pm	Apr 27	(ages10+)
02	Sun	9:00 - 10:30pm	May 4	"
03	Sun	9:00 - 10:30pm	Apr 27	"

Register online at www.natickfarm.org



MAPLE MAGIC DAY PANCAKE BREAKFAST

Location: Memorial School Cafeteria,
107 Eliot Street (next to NCO Farm)

Join us for breakfast with a warm stack of pancakes and our own fresh syrup.

Day	Times	Dates	\$
Sat	8:00 - 11:00am	Mar 8	\$10/\$8members/adult \$5 /\$4 members/child

MAPLE SUGARING PAST AND PRESENT

Location: Natick Community Organic Farm

Walk over to the farm for a maple sugaring adventure. Learn about the past of this New England tradition and experience how the farm sugars today.

Day	Times	Dates	\$
Sat	9:00 -3:00pm	Mar 8	\$7 (\$6 w/ breakfast)

No pre-registration necessary.



Pre K at the Farm

OUTDOOR EXPLORE AND PLAY GROUP

(Ages 1.5 - 3.5 with a caregiver)

Location: Natick Community Organic Farm

Join our dynamic playgroup, which focuses on free -play and exploration outdoors, community building and connection to the natural world.

When registering, please indicate the age of your child and who will accompany the child in the 'note' section.

S#	Day	Times	Dates	NM/ M
01	Mon	9:30-11:30am	Mar 31- Jun 2	\$272 / \$224

(No class April 21, May 26), M \$ = NCOF member \$

Register online at www.natickfarm.org

CHORE TIME (Ages 3-5)

Location: Natick Community Organic Farm

Come down to the farm and wake the animals up. Help the farm feed and water the animals and gather the eggs.

S#	Day	Times	Dates	NM / M
01	Mon	9 -10am	Mar 24- Apr 14	\$68/\$54
02	Tue	9 -10am	Mar 25 -Apr 15	\$68/\$54
03	Thu	9 -10am	Mar 27 - June 17	\$68/\$54
04	Mon	9 -10am	May 5 - June 12	\$68/\$54
05	Tue	9 -10am	May 6 - May 27	\$68/\$54
06	Thu	9 -10am		\$68/\$54

(No class Apr 21, 22, 24, May 26);

M \$ = NCOF member \$.

Register online at www.natickfarm.org.



GOT MILK (Ages 3-5)

Location: Natick Community Organic Farm

Have you ever milked a goat? Spend some time with our milking Friends. Come see and taste what we can make with milk!

S#	Day	Times	Dates	NM / M
01	Thu	10:15 -11:15am	May 15	\$17/\$14
02	Thu	10:15 -11:15am	May 22	\$17/\$14

M \$ = NCOF member \$.

Register online at www.natickfarm.org.

HOP WITH THE BUNNIES (Ages 3-5)

Location: Natick Community Organic Farm

Spend some time learning about these warm, fuzzy little creatures; how they live in the wild and how we care for them at home.

S#	Day	Times	Dates	NM / M
01	Mon	9:30-11:30am	Mar 31-Jun 2	\$17/\$14
01	Thu	10:15-11:15am	May 8-29	\$17/\$14
02	Thu	10:15-11:15am	May 8-29	\$17/\$14

M = NCOF's member \$.

Register online at www.natickfarm.org

FARM ACTIVITIES AND CRAFTS (Ages 3-5)

Location: Natick Community Organic Farm

Let's discover the farm in beautiful spring and create crafts around the season - from painting flowerpots, to sowing seeds, and gathering flowers.

S#	Day	Times	Dates	NM / M
01	Thu	10:15 -11:15am	May 8	\$68/\$54
02	Thu	10:15 -11:15am	May 29	\$68/\$54

M \$ = NCOF member \$.

Register online at www.natickfarm.org.

OUTDOOR EXPLORE AND PLAY GROUP

(Ages 1.5 - 3.5 with a caregiver)

Location: Natick Community Organic Farm

Join our dynamic playgroup, which focuses on free -play and exploration outdoors, community building and connection to the natural world. When registering, please indicate the age of your child and who will accompany the child in the 'note' section.

S#	Day	Times	Dates	NM / M
01	Mon	9:30-11:30am	Mar 31-Jun 2	\$272 / \$224

(No class April 21, May 26), M \$ = NCOF member \$

Register online at www.natickfarm.org.

BABY STARS AT THE FARM (Ages 3-5)

Location: Natick Community Organic Farm

Get to know bunnies, kids, lambs, chicks and piglets through watching, touching and storytelling. Each week will feature one animal. We will meet the animals, and read a story.

S#	Day	Times	Dates	NM / M
01	Mon	10:30-11:30am	Mar 24-Apr 14	\$68/\$54
02	Mon	1:30- 2:30pm	Mar 24-Apr 14	\$68/\$54

M \$ = NCOF member \$.

Register online at www.natickfarm.org.

LITTLE HANDS IN THE SOIL (Ages 3-5)

Location: Natick Community Organic Farm

We are looking for little hands to help us take care of our 'Toddler's Garden'. We will plant and mulch, rake and water, cultivate and decorate - just like big gardeners.

S#	Day	Times	Dates	\$/ M
01	Thu	10:30-1:30pm	3/27-4/17	\$68/\$54
02	Thu	1:30-2:30pm	3/27-4/17	\$68/\$54

M \$ = NCOF member \$.

Register online at www.natickfarm.org.

Pre K Activities

ON MY OWN PLAYGROUP (2 - Pre K)

Instructors: Kim Condon, Michelle Rodriguez

Location: Cole Center

Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Registration forms and payment are due by 5:00pm on Wednesday, March 12. Playgroup will register as a lottery, which will be drawn on Thursday, March 13. Morning classes please bring a snack. Bring a lunch for afternoon classes. For more information on the program, please read our parents' manual online at www.natickma.gov/recreation.

S#	Age	Day	Times	Date	\$
M1	2-3	Mon	9:00-11:00am	Mar 31-Jun9	\$113
T1	2-3	Tue	9:00-11:00am	Apr 1-6/10	\$125
T2	3-Pre K	Tue	11:30-2:00pm	4/1-6/10	\$138
W1	2-3	Wed	9:00-11:00am	4/2-6/11	\$125
W2	3-Pre K	Wed	11:30-2:00pm	4/2-6/11	\$138
Th1	2-3	Thu	9:00-11:00am	4/3-6/12	\$125
Th2	3-Pre K	Thu	11:30-2:00pm	4/3-6/12	\$138

(No Class April 21-24, May 26)

NOTE: Register in person at the Cole Center for the Lottery by March 12 at 5pm.

MICRO ATHLETICS (Ages 4 - Pre K)

Instructor: Knucklebones Staff

Location: Cole Center Field / Gym

Knucklebones wants to teach children the fundamentals of sports, help build confidence and to develop a passion for athletics and fitness that will stay with them for a lifetime. Proper sneakers are required. (7 wks)

S#	Day	Times	Dates	\$
01	Tue	9:00-10:00am	Apr1 - May 20	\$76

No class April 22

How to register: Register online at www.natickma.gov/recreation

MIGHTY-MITE SPORTS (Ages 4-5)

Instructor: Recreation Staff

Location: Cole South Field

A fun and active program where participants will take part in different sports/physical activities each week. We stress teamwork and sports-manship as kids learn and develop their sports skills.

S#	Day	Times	Dates	\$
1	Fri	3:30 - 4:00pm	May 2-30	\$46
2	Fri	4:15 - 4:45pm	May 2-30	\$46
3	Fri	5:00 - 5:30pm	May 2-30	\$46

(No Class April 24)

Register online at: www.natickma.gov/recreation



MINIKICKERS (Ages 2-5)

Instructor: Challenge Sports

Location: Cole Center

MiniKickers teaches basic soccer skills while developing strength, balance, coordination and teamwork. Participants will receive a ball and shirt.

S#	Day	Times	Dates	\$
1	Tue	10:00-11:00am	Apr 29 - May 27	\$76
2	Thu	1:00 -2:00pm	May 1 - May 29	\$76

Register online at: www.natickma.gov/recreation

THUNDERCATS MINI-SPORTS JAM (Ages 4 - Pre K)

Location: Cole Center

This fun program will include soccer, basketball, Softee™, hockey and other unique games like 'Sponge Bob' Tag and 'Finding Nemo'. Emphasis on basic skill building, developing hand-eye coordination, teamwork and fun.

S#	Day	Times	Dates	\$
1	Thu	2:45 - 3:30pm	Mar 27-May 1	\$65

(No Class April 24)

Register online at: www.natickma.gov/recreation

F.A.S.T. T - BALL (Ages 3 - Pre K)

Instructor: F.A.S.T Athletics Coaching Staff

Location: Cole Center Field / Gym (5 wks)

A great introduction to the fundamentals of America's favorite pastime. All participants will learn the basic skills of fielding, throwing, hitting and base running. Learning and skill development are the priorities.

S#	Day	Times	Dates	\$
01	Tue	2:00-3:00pm	May 6-June3	\$61
02	Tue	3:00-4:00pm	May 6-June3	\$61

Register online at: www.natickma.gov/recreation

FUN WITH MESSY PLAY (Ages 1 & 2)

Instructor: Muriel Sypek

Location: Cole Center

PARENTS - Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using Play-Doh®, paint, brushes, rollers, bubbles feathers and more. (9 wks)

S#	Day	Times	Dates	\$
01	Wed	10:45-11:30am	Apr/2-June/ 4	\$134

No class Apr 23

Register online at: www.natickma.gov/recreation

MICRO WHEELS (Ages 2 & 3)

Instructor: Knucklebones Staff

Location: Cole Center Gym

Micro Wheels will engage both Parent / Guardian and their toddler(s) with a developmental array of wheeled, self-propelled vehicles that will be used to gain balance and confidence. Proper sneakers and long pants required. (7wks)

S#	Day	Times	Dates	\$
01	Thu	9:00 10:00am	Apr/3-May/22	\$76

No class April 24

Register online at www.natickma.gov/recreation

JUMP, TUMBLE, AND SING (Ages 2 - 4)

Instructor: Muriel Sypek

Location: Cole Center

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (9 wks)

S#	Day	Times	Dates	\$
01	Wed	9:30 -10:15am	Apr 2 -June 4	\$9

No class Apr 23

Register online at: www.natickma.gov/recreation



PRE K DANCE (Ages 4 - Pre K)

Instructor: Cindy Wright

Location: Cole Center

Cindy is the Owner/Director of Cindy Wright Dance Studios in Wellesley and has taught dance for 30+ years. Children will take their skills and joy to the next level. This class includes creative movement, basic ballet positions and combinations. See Intro to Dance 1 for proper footwear and clothing suggestions. (8 wks)

S#	Day	Times	Dates	\$
1	Wed	10:30-11:15am	Apr 2-May 28	\$78

No class April 23

Register online at: www.natickma.gov/recreation

INTRO TO DANCE 1 (Ages 3 & 4)

Instructor: Cindy Wright

Location: Cole Center

Cindy is the Owner / Director of Cindy Wright Dance Studios in Wellesley and has taught dance for 30+ years. A wonderful introduction to the world of dance. Students will develop their gross motor skills, coordination, group skills and self-confidence in a fun and active learning environment. Students should wear ballet slippers or non-skid socks and dancewear or comparable attire. (8 wks)

S#	Day	Times	Dates	\$
1	Wed	9:45-10:30am	Apr 2 - May 28	\$78

No Class Days: Apr 23

Register online at: www.natickma.gov/recreation

BABES IN ARTLAND (Ages 2.5 - 5)

Instructor: Christine Van

Location: Cole Center

Children will be doing fun projects that build self-esteem and use his/her creativity. Come have fun with Your child! Parent participation is required.

S#	Day	Times	Dates	\$
01	Thu	9:00-10:00am	May 1-29 (5 wks)	\$61

Register online at: www.natickma.gov/recreation

Youth Activities

CHALLENGER SPORTS

SPRING BREAK SOCCER CLINIC (Ages 6 - 14)

Instructor: Challenger Sports

Location: TBD

Sign your child up for an action packed, fun filled week of soccer. Your players will learn all the skills, flicks, and tricks and of course as with any challenger sports clinic, the daily world cup tournament. Participants will receive a soccer ball and T-shirt.

S#	Day	Times	Dates	\$
1	Tue-Fri	9:00am - noon	Apr 22 -25	\$96

Register online at www.natickma.gov/recreation

TERRIERS DODGEBALL (Grades 2-4)

Instructor: Terriers Dodgeball Staff

Location: Cole Center

A fun league for kids to enjoy dodgeball. This program will be directed by Terriers Sports, who have run popular youth sports programs in neighboring towns for twenty years. Cushioned foam balls are used for safety.

S#	Day	Times	Dates	\$
1	Wed	4:30-5:30pm	Mar 12 - Apr 2	\$80

Register online at www.natickma.gov/recreation



HIGH SCHOOL HOOPS (Grades 9 - 11)

Location: Community Senior Center Gym

Pick-up game format will be used, pre-registration is a must! Natick residents only!

S#	Day	Game	Dates	\$
01	Mon	7:00-8:30pm	Mar 2-May 19	\$30
02	Sat	12:00-2:00pm	Mar 29-May 17	\$30

Register online at www.natickma.gov/recreation

No class Apr 21.

THUNDERCATS SPORTS JAM (Grades K - 1)

Instructor: ThunderCats

Location: Cole Center

The ultimate multi-sport program. Baseball, basketball, and soccer will be core sports in which some skills will be emphasized. Program is co-ed, and every participant should bring comfortable running around clothes and a water bottle.

S#	Day	Times	Dates	\$
1	Thu	3:30-4:30pm	Mar 27 - May 1	\$75

(No Class April 24)

Register online at www.natickma.gov/recreation

THUNDERCATS BASEBALL /

FLOOR HOCKEY COMBO (Grades 2 & 3)

Location: Cole Center

Co-ed program consisting of a variety of different dodge ball related games. Doctor, bombardment, jailbreak and more. Gator Skin® safety balls will be used. Other sports and games will be mixed in to create a fun and exciting program.

S#	Day	Times	Dates	\$
1	Thu	4:30-5:30pm	Mar 27-May 1	\$75

(No Class April 24)

Register online at www.natickma.gov/recreation

BAA TRACK CLINICS (Ages Grade 4 -8)

Instructor: Dan Keefe

Location: Cole Center, (Rain location - CSC Gym

The NR&PD with the Boston Athletic Association is co-sponsoring running clinics at the Cole Center once a week. Please dress for outdoor running if it is not raining (4 wks.)

S#	Day	Times	Dates	\$
01	Mon	4:00-5:00pm	Mar 17-Apr 14	free

(No Class Days) - No class, Mar 24

Register online at www.natickma.gov/recreation

REGISTRATION
Call (508) 647-6540

for more information or
to register for a class
or special event.

Register online at:

www.natickma.gov/recreation

Opens March 9, 7pm

STREET HOCKEY TOURNAMENT (Grades 3 - 6)

Instructor: Natick Recreation Staff

Location: Johnson Elementary Outdoor Hockey Rink

Our Annual Street Hockey Tournament will be held during April Vacation (April 22-25) at the Johnson School Outdoor Rink. Start getting your team together now!

Grades: 3-4

S#	Day	Times	Dates	\$
01	Tue	9:00am start	Apr 22	\$50 per team

Rain date: April 23

Grades 5 & 6

S#	Day	Times	Dates	\$
01	Thu	9:00am start	Apr24	\$50 per team

Rain date April 25

Registration forms for the tournament will be available in our office beginning Monday, March 17.

Register online at www.natickma.gov/recreation

F.A.S.T. FLAG FOOTBALL (Grades 2 - 4)

Instructor: F.A.S.T Athletics Staff

Location: Cole Center Field

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. (5 wks)

S#	Day	Times	Dates	\$
01	Tue	4:00-5:00pm	May 6-Jun 3	\$71

Register online at www.natickma.gov/recreation

(No Class Days) - No class Apr21

Register online at www.natickma.gov/recreation

FIT 4 FUN (Ages 7 - 11)

Instructor: Carol Jackson, Health and Wellness Coach

Location: Cole Center

A co-ed program that teaches your child that fun and fitness can be one in the same. Minimum of 8 is needed (7 wks.)

#	Day	Times	Dates	\$
01	Wed	3:30-5:00pm	Apr 30-Jun 11	\$111

Register online at www.natickma.gov/recreation

SPEED AND ENDURANCE (Ages 7 - 12)

Instructor: Kathy Fleming

Location: Community-Senior Center, 117 E. Central St.

Kathy Fleming a 1996 Olympic trials finalist, a current Distance Medley Relay World Record holder and former cross-country and track coach at Boston College can help you become a better all-around athlete. Bring your running shoes and a water bottle and get ready to sweat (5 wks, \$62.)

S#	Day	Times	Dates	Ages
01	Thu	4:00-4:45 pm	May 1-29	7- 9
02	Thu	4:45-5:30pm	May 1 - May 29	9 -12

Register online at www.natickma.gov/recreation

PARENT CHILD SELF DEFENSE (Ages 9 - 16)

Instructor: Villari's Martial Arts

Location: Villari's Martial Arts, 148 E Central St., # 4B

Villari's Martial Arts has built this class for Parents and Their Child. It is geared around building confidence around the techniques and skills associated with self-defense. Master the art of kicking, punching and blocking. Don't miss out on this great opportunity to learn self defense skills together.

S#	Day	Times	Dates	\$
1	Mon	6:30 - 7:30pm	Mar 17-Apr 14	\$96

Register online at www.natickma.gov/recreation

ARCHERY (Ages 9 & Up)

Instructor: On The Mark Archery staff

Location: CSC

Natick Recreation and Parks Department has partnered with 'On the Mark Archery' to provide a wonderful introduction to archery. Participants will learn the fundamentals of archery. On the Mark Archery will provide all equipment (4 wks.)

S#	Day	Times	Dates	\$
01	Mon	5:45 - 6:45 pm	May 12 -June 9	\$86

Register online at www.natickma.gov/recreation

PLAY TENNIS AMERICA (Grades 3 - 7)

Instructor: Natick Racquet Club Staff

Location: Natick Racquet Club, 16 Michigan D, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. \$96, (6 wks)

S#	Day	Times	Dates	Grade
01	Sun	5:00 - 6:00pm	May 4 -Jun 15	3 & 4
02	Sun	6:00 - 7:00pm	May 4 -Jun 15	5 -7

No class: May 25.

Register online at www.natickma.gov/recreation



Youth Skills

START WITH ART (Grades K - 6)

Instructor: Christine Van, **Location:** Cole Center

We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers, and more. Students will explore sculpture, drawing, print-making and painting. Our class is centered on each child's creativity and individuality. (5 wks, \$129)

S#	Day	Times	Dates	Grade
01	Thu	4:00-5:00pm	May 1- 29	K-2
01	Mon	4:00-5:00pm	May 5-Jun 9	3-6

(No Class Days) - No class May 26

Register online at www.natickma.gov/recreation

AWESOME APRIL ART WORKSHOP (Grades K - 6)

Instructor: Christine Van,
Location: Cole Center

Come create a Jackson Pollack masterpiece. Andy Warhol pop art, printing, sculpture and more. Guaranteed to make your kid feel like a real artist! (2 days \$105. incl. supp)

S#	Day	Times	Dates	\$
01	Thu & Fri	9:00 -11:00am	Apr 24-25	\$105

Register online at www.natickma.gov/recreation

JUMP INTO JUNE ART WORKSHOP (Grades K - 6)

Instructor: Christine Van,
Location: Cole Center

Come create a Jackson Pollack masterpiece! Andy Warhol pop art, printing, sculpture and more! Guaranteed to knock your socks off! (2 days) \$58 (incl. supp)

S#	Day	Times	Dates	\$
01	Thu	4:00-5:00pm	Jun 5 & 12	\$58

Register online at www.natickma.gov/recreation



ROBOTICS (Ages 9 & Up)

Instructor: Ed Harrow, **Location:** Cole Center

Participants will build a robot that will execute maneuvers. You will learn about geared mechanisms, basics of circuits and electronic components. (5 wks) No class Apr 21.

S#	Day	Times	Dates	\$
01	Mon	3:30-5:00pm	Apr 7-May 12	\$149

Register online at www.natickma.gov/recreation

DO YOU BELIEVE IN MAGIC: BEG & ADV (Ages 8-12)

Instructor: Joe Carota, **Location:** Cole Center

Learn the 'art' of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. NEW* Now extend your knowledge and learn more tricks with our advanced sessions.

S#	Day	Times	Dates	\$
BEG	Wed	3:45-5:00pm	Mar 12-Apr 9	\$106
ADV	FRI	3:45-5:00pm	Mar 14 - Apr 11	\$106

Register online at www.natickma.gov/recreation

VEDIC MATH BEGINNER & ADVANCED (Grades 3-8)

Instructor: Swati Dave, **Location:** Community-Senior Center

Vedic Math is an ancient math system that teaches more than one way to solve the same math problem, making the approach to solving more flexible and intuitive. *NEW* ADVANCED section for those who have taken previous Vedic Math classes.

S#	Day	Times	Dates	\$
BEG	Wed	3:30-4:30pm	Mar 12 - Apr 9	\$76
ADV	Thu	3:30-4:30pm	Mar 13 - Apr 10	\$76

Register online at www.natickma.gov/recreation

BRICKS 4 KIDZ (Ages 6-10)

Instructor: Bricks 4 Kidz staff

Location: Cole Center

Bricks 4 Kidz class offers a hands-on experience where students will build machines, buildings, vehicles and other structures using LEGO components. (6 wks) No class Apr 22.

S#	Day	Times	Dates	\$
01	Tue	4:00 - 5:00pm	Apr 1-May 13	\$96

Register online at www.natickma.gov/recreation

FAST MATH STANDARDIZE TEST PREP (Grades 9-12)

Instructor: Swati Dave,

Location: CSC

In this workshop students will learn ways to do math calculations quickly easily, and accurately using the World's Fastest Mental Math System. The techniques or tricks are simple, direct, and easy to remember.. No class Apr 22.

S#	Day	Times	Dates	\$
1	Tue	6:30-8:30pm	Mar 25	\$20
1	Tue	6:30-8:30pm	Apr 15	\$20

Register online at www.natickma.gov/recreation

HOME ALONE SAFETY (Grade 3 & 4)

Instructor Juanita Allen, EMT and CPR & First Aid Instructor

Location: CSC

Girls and boys learn telephone and door answering techniques, Internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

S#	Day	Times	Dates	\$
1	Tue	1-3:00pm	Apr 8	\$38

Register online at www.natickma.gov/recreation

FANTASTIC FRIDAYS (5 & 6 Grade)

Instructor: Recreation Staff

Location: Cole Center

Fantastic Fridays includes a DJ, Game tables, Freeze Dance and other Games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the Electronic scrolling boards at each middle school.

S#	Day	Times	Dates	\$	Grade
1	Fri	7-9:00pm	Apr 4	\$5	5 & 6
2	Fri	7-9:00pm	Apr 11	\$5	5 & 6
3	Fri	7-9:00pm	May 2	\$5	5 & 6
4	Fri	7-9:00pm	May 16	\$5	5 & 6
5	Fri	7-9:00pm	May 30	\$5	5 & 6
6	Fri	7-9:00pm	June 6	\$5	4
7	Fri	7-9:00pm	June 13	\$5	6

No pre-registration necessary. Please pay \$5 at the door.

PARENTS NIGHT OUT (K-grade 4)

Instructor: Recreation Staff

Location: Cole Center

Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Multi-child Discount: \$6 off For 2nd Child, \$12 off for 3rd + Child(ren) per individual night registration.

S#	Day	Times	Dates	\$
1	Sat	5 -9:00pm	Apr 12	\$18
2	Sat	5 -9:00pm	Apr 26	\$18
3	Sat	5 -9:00pm	May 10	\$18
4	Sat	5 -9:00pm	May 24	\$18
5	Sat	5 -9:00pm	June 7	\$18
6	Sat	5 -9:00pm	June 21	\$18

Register Online at www.natickma.gov/recreation. Walk-in registration night of available only if space is available.



SOCIAL NETWORKING SAFETY FOR TWEENS (Ages 10-12)

Instructor Juanita Allen, EMT and CPR & First Aid Instructor

Location: CSC

In the KIDPROOF social netiquette workshop, students will learn to develop and apply proper social etiquette, good citizenship and critical thinking skills to meeting people, sharing information and socializing though the Internet.

S#	Day	Times	Dates	\$
1	Thu	1-3:00pm	May 22	\$38

How to register: call (508) 647-6540

MOTHER & SON CHALLENGE (Grades 2-4)

Instructor: Natick Recreation Staff

Location: Kennedy Middle School, 1 Philip Lucier Dr.

Each team will follow clues and complete challenges as they navigate their way through Kennedy Middle School and Brown School field's paths and playgrounds. Prize for best team outfit (be creative.) Teams may consist of son and mother, grandmother, aunt or female guardian.

S#	Day	Start Time	Dates	\$
01	Sat	4:00pm sharp	May 17	\$30/team

How to register: (508) 647-6540

STORYBOOK THEATER (Grades K-1)

Instructor: Cindy Wright

Location: Cole Center

An introduction to theater: By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (6 wks)

S#	Day	Times	Dates	\$
01	Fri	3:30-4:30pm	May 2-June 6	\$76

How to register: (508) 647-6540

FINANCIAL AID

Any community member can request a scholarship. Call our case management staff for confidential assistance: (508) 647-6540.



INTRO TO MUSICAL THEATER (Grades 2 - 4)

Instructor: Cindy Wright

Location: Cole Center

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance (to be held at the last class). (7 wks)

S#	Day	Times	Dates	\$
01	Fri	4:30-6:00pm	May 2-Jun 13	\$90

How to register: (508) 647-6540

Youth At the Farm

AFTERSCHOOL FARMERS (Grades K - 4)

Location: Natick Community Organic Farm

This program involves students in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. No program on Natick early release days. \$204 / \$168

S#	Day	Times	Dates	Gr
01	Mon	3:15-4:45pm	Feb 24-Apr 14	K-1
02	Mon	Apr.28-Jun 9	Feb 24-Apr 14	K-1
03	Tue	3:15-4:45pm	Apr 1-Jun 5	K-4

(No class on Apr 21-24, May 22, 26)

M \$=NCOF member \$

Register online at www.natickfarm.org

AFTERSCHOOL IN THE WOODS (Grades K-4)

Location: Natick Community Organic Farm

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

S#	Day	Times	Dates	\$/ M \$
04	Wed	3:15 - 4:45 pm	Apr 30 -Jun 11	\$178/\$147

M \$=NCOF member \$

Register online at www.natickfarm.org

PURELY PIGLETS (Ages 5 -10)

Location: Natick Community Organic Farm

Get to know the smart test animal on the Farm. A chance to learn about our piglets, feed them kitchen scraps, and watch them play in the mud.

S#	Day	Times	Dates	\$/ M \$
01	Wed	3:30 - 4:30pm	Apr 2	\$17/\$14

M \$=NCOF member \$

Register online at www.natickfarm.org

ONLY BUNNIES (Ages 5 -10)

Location: Natick Community Organic Farm

Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

S#	Day	Times	Dates	\$/ M \$
01	Wed	3:30 - 4:30pm	Apr 30	\$17/\$14

M \$=NCOF member \$

Register online at www.natickfarm.org

SASSY GOATS (Ages 5 -10)

Location: Natick Community Organic Farm

Visit our bouncy arrivals, the new kids on the farm. Let's build them something to climb on and visit their moms for some milking.

S#	Day	Times	Dates	\$/ M \$
01	Wed	3:30 - 4:30pm	Apr 16	\$17/\$14

M \$=NCOF member \$

Register online at www.natickfarm.org

SHEEP AND LAMBS (Ages 5 -10)

Location: Natick Community Organic Farm

Springtime sees our lambs running out on fresh grass in the meadow. Visit these gentle little creatures and learn about their needs and the great products they give us.

S#	Day	Times	Dates	\$/ M \$
01	Wed	3:30 - 4:30pm	Jun 4	\$17/\$14

M \$=NCOF member \$

YOUTH WORK EXPERIENCE (Grades 5-8)

Location: Natick Community Organic Farm

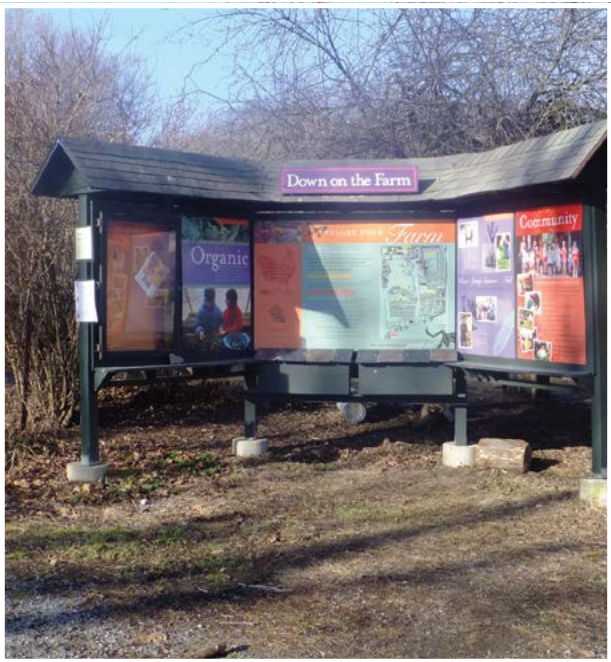
We are inviting middle school students to join Farm staff after school to take care of the animals and help with maintenance. During the months of April, May and June, students will be involved in starting our vegetable seedlings, transplanting and preparing our gardens.

S#	Day	Times	Dates	\$/ M \$
01	Tue	3-5:00pm	Mar 25- Jun 3	\$300/\$240
02	Wed	3-5:00pm	Mar 2 -Jun 4	\$300/\$240
03	Thu	3-5:00pm	Mar 27-Jun 5	\$300/\$240

22, 23, 24)

M \$=NCOF member \$. Register online at www.natickfarm.org

Vacation Week at the Farm



MARCH VACATION FARMERS (Grades K-4)

Location: Natick Community Organic Farm

Shake off the winter blues and dive into spring. The farm is the place to be! The sap is flowing, we need lots of help! As the buds are swelling our animals are getting ready to give birth and our greenhouses are bursting with seedlings. New life everywhere! Jump in!

S#	Day	Times	Dates	\$/ M \$
01	Mon -Thu	9 -noon	Mar 10-13	\$204/\$168
02	Mon -Thu	9noon	Mar 17-20	\$204/\$168

M \$=NCOF member \$

Register online at www.natickfarm.org

MARCH VACATION WORK EXPERIENCE (Grades 5 - 8)

Location: Natick Community Organic Farm

Middle School students are invited to join the Farm staff during March Vacation to help with our maple sugaring operation, work in the greenhouses, care for our animals and their new arrivals, and help with maintenance. Students will be involved in all aspects of our maple sugaring operation.

S#	Day	Times	Dates	\$/ M \$
01	Mon - Thu	8:30-noon	Mar 10-13	\$210/\$168
02	Mon - Thu	8:30-noon	Mar 17-20	\$210/\$168

M \$=NCOF member \$ Register online at www.natickfarm.org



APRIL VACATION SPRING FARMERS (Grades K-4)

Location: Natick Community Organic Farm

Get to know our new arrivals - kids and lambs, bunnies and piglets. The week will be filled with caring for the animals, starting seedlings and preparing the garden, nature crafts and the exploration of the water world on the farm. So put on your boots, there's so much to do!

S#	Day	Times	Dates	\$/ M \$
01	Tue - Fri	9:00-noon	Apr 22-25	\$204/\$168
02	Tue- Fri	9:00-noon	Apr 22-25	\$204/\$168

M \$=NCOF member \$. Register online at www.natickfarm.org

APRIL VACATION SPRING FARMERS (Grades K-4)

Location: Natick Community Organic Farm

Get to know our new arrivals - kids and lambs, bunnies and piglets. The week will be filled with caring for the animals, starting seedlings and preparing the garden, nature crafts and the exploration of the water world on the farm. So put on your boots, there's so much to do!

S#	Day	Times	Dates	\$/ M \$
01	Tue - Fri	9:00-noon	Apr 22-25	\$204/\$168
02	Tue- Fri	9:00-noon	Apr 22-25	\$204/\$168

M \$=NCOF member \$ Register online at www.natickfarm.org

APRIL VACATION WORK EXPERIENCE (Grades 5 - 8)

Location: Natick Community Organic Farm

We are inviting middle school students to join the Farm staff during April vacation to prepare the gardens, transplant seedlings in the greenhouses, take care of the animals and help with maintenance.

S#	Day	Times	Dates	\$/ M \$
01	Tue - Fri	8:30 -noon	Apr 22 -25	\$210/\$168
02	Tue - Fri	8:30noon	Apr 22 -25	\$210/\$168

M \$=NCOF member \$ Register online at www.natickfarm.org

FINANCIAL AID

Any community member can request a scholarship. Call our case management staff for confidential assistance: (508) 647-6540.

Skyline
Special Needs

SPECTACULAR SATURDAYS (Teens and Adults)

This 8-week program is an all day event that Skyline has been hosting for many years. You can pick 1 program or all day. You may only choose one program from each time slot and choices are for all 8-weeks. (No Classes April 19 and May 24)
Register at www.natickma.gov/recreation or at the Cole Center.

COSMIC BOWLING (Teens and Adults)

Location: Ryan Family Amusements 1170 Main Street Millis
Start your day off right by striking down the pins in Millis with the whole gang.

S#	Day	Times	Dates	\$
01	Sat	9:15-10:45am	Apr 5-June 7	\$79
(No Classes April 19 and May 24)				

ZUMBA WITH JAYNE (Teens and Adults)

Instructor: Jayne Carney
Location: Cole Center

Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a 'fitness party'.

S#	Day	Times	Dates	\$
02A	Sat	11:30am -12:15pm	Apr 5-June 7	\$78
(No Classes April 19 and May 24)				

FUN WITH ART (Teens and Adults)

Instructor: Kim Condon
Location: Cole Center

Use your imagination and explore many ways to have fun with art.

S#	Day	Times	Dates	\$
02B	Sat	11:15am- 12:30pm	Apr 5-June 7	\$78
03A	Sat	2:00-3:15pm	Apr 5-June 7	\$78
(No Classes April 19 and May 24)				

DANCE (Teens and Adults)

Instructor: Nancy Kelley
Location: Nancy Kelley Dance Studio, 7 Pond Street, Natick

Come join in on the fun and learn popular dance moves to catchy songs. (Transportation runs to the Cole Center after class)

S#	Day	Times	Dates	\$
03B	Sat	2:15-3:00pm	Apr 5-June 7	\$77
(No Classes April 19 and May 24)				

SATURDAY LUNCH BUNCH (Teens and Adults)

Location: Various places such as Wendy's and Papa Gino's
Join us for lunch as we visit places close by to fuel up before our afternoon programs.

S#	Day	Times	Dates	\$
04	Sat	12:45-1:45pm	Apr 5-June 7	\$10+



SKYLINE TRANSPORTATION (Teens and Adults)

Transportation is provided for Spectacular Saturdays from the Cole Center at 8:45 AM to Bowling, then to Zumba/Art, then to lunch, then either Art or Dance. The bus will return to the Cole Center after Dance. Please indicate when you will need transportation throughout the day.

S#	Day	Times	Dates	\$
05	Sat		Apr 5-June 7	\$32

(No Class Apr 19 and May 24)

Register at www.natickma.gov/recreation or at the Cole Center.

CASEY CARLE'S BUBBLEMANIA AT TCAN (All Ages)

Location: Cole Center

Enjoy the Bubblemania show and pizza after the show. Combining energetic entertainment with artistic achievement, Casey offers non-verbal, highly visual bubble shows set to music. Plenty of fun for all ages. We will go out for pizza after the show.

S#	Day	Times	Dates	\$
01	Sat	10:15-1:30pm	Mar 29	\$21

Register at www.natickma.gov/recreation or at the Cole Center.

ST. PATRICK'S DAY DANCE (All Ages)

Location: Cole Center

Come eat, dance and hang out for this St. Patrick's day celebration! Wear green for luck.

S#	Day	Times	Dates	\$
01	Fri	6:30-9:00pm	Mar .14	free

*Registration is already open for this (508) 647-6540



HARLEM GLOBE TROTTERS (Teens and Adults)

Location: Meet at the Cole Center

Join us at the "Fans Rule" world tour for the Harlem Globe Trotters. The world famous Harlem Globetrotters have been thrilling families and millions of fans for 88 years, all while innovating the game in exciting new ways. Premium seats reserved. Bring money for food.

S#	Day	Times	Dates	\$
01	Sun	12:00-4:00pm	Mar 30	\$85

*Registration is already open for this event.

Register Online at www.natickma.gov/recreation

DINNER, MOVIE AND GAMES (Adults)

Location: Cole Center

Join Marylou and Chris for dinner and dessert while playing games and watching a movie on the big T.V.

S#	Day	Times	Dates	\$
01	Fri	5:30 -9:00pm	April 18	\$20
02	Fri	5:30 -9:00pm	May 9	\$20

Register Online at www.natickma.gov/recreation or in person at the Cole Center.

COFFEE HOUSE (All Ages)

Location: Cole Center

Belt out your favorite song with Karaoke man Dennis Porter and Friends. Pizza, drinks, and a dessert/fruit will be available throughout the night.

S#	Day	Times	Dates	\$
01	Fri	6:30-9:30pm	Mar 28	\$18
02	Fri	6:30-9:30pm	Apr 25	\$18
03	Fri	6:30-9:30pm	May 23	\$18

Register Online at www.natickma.gov/recreation or in person at the Cole Center.

VACATIONERS (School-aged children)

Location: Cole Center (either you will stay here, or leave from here)
Join us for our NEW program we are offering over school vacations. Pick one or pick all, the choice is yours.

S#	Day	Times	Dates	\$
01	Tues	10:30am-1:30pm	Apr 2	\$20
02	Thurs	9:00am-11:30am	Apr 24	\$18
03	Fri	11:00am-1:30pm	Apr 25	\$20

Register Online at www.natickma.gov/recreation or in person at the Cole Center.

TICKET TO ADVENTURE (Teens and Adults)

Location: Meet at the Cole Center

Enjoy 6 Saturday Nights out with an event and dinner every time! Embark on new adventures such as 5 Wits in Foxboro, a Natick Drama Workshop play, and much more.

S#	Day	Times	Dates	\$
01	Sat	5:30-10:30pm	4/5,4/19,5/3, 5/17,5/31,6/14	\$260

Register Online at www.natickma.gov/recreation or in person at the Cole Center.

FRIDAY NIGHT LIVE (Teens and Adults)

Location: Cole Center

It's easy to get off the couch on Friday nights with this program. Enjoy four Friday nights out with different events in the surrounding towns. Time is subject to change, you will be notified prior to the date of any changes.

S#	Day	Times	Dates	\$
01	Fri	6:30-9:30pm	4/4,5/2,5/16,6/6	\$96

Register Online at www.natickma.gov/recreation or in person at the Cole Center.



STRETCH WHAT MATTERS YOGA (BEGINNER) (16 and up)

Instructor: Stretch What Matters instructor
Location: Roots & Wings, 317 North Main Street, Natick

If you are a beginner to yoga or to this specific class, start with beginner to become familiar with the routine. Students who benefit from additional support are welcome to participate with a parent/care-giver at no extra cost.

S#	Day	Times	Dates	\$
01	Tues	4:40-5:40pm	Apr 8-May 20	\$96
02	Tues	4:40-5:40pm	May 27-July 1	\$96

Register at www.natickma.gov/recreation or at the Cole Center.

STRETCH WHAT MATTERS YOGA (EXPERIENCED) (16 & up)

Instructor: Stretch What Matters instructor
Location: Roots & Wings, 317 North Main Street, Natick

This class is for people who are more advanced in their yoga practice and can follow directions independently in the yoga setting. Elizabeth notifies students and their caregivers when they can register for the experienced level. (6 wks)

S#	Day	Times	Dates	\$
01	Tues	5:45-6:45PM	Apr 8-May 20	\$96
02	Tues	5:45-6:45PM	May 27-July 1	\$96

Class Session 01- No class April 22)
Register at www.natickma.gov/recreation or at the Cole Center.

YOUTH ZUMBA (Ages 5-12)

Instructor: Jayne Carney
Location: Cole Center

Come join this family friendly 8-week class and learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a “fitness party”. Parents and Caregivers may join at no additional cost for support as needed, or for fun!

S#	Day	Times	Dates	\$
01	Sat	12:45-1:30pm	Apr 5-June 7	\$78

(No Class Apr 19 and May 24)
Register at www.natickma.gov/recreation or at the Cole Center.

SENSORY DAY (All Ages)

Location: Cole Center
Take a couple hours to learn and explore some of the different sensory input activities-great for all children. This is for any child as long as he/she is with an adult who can support them. **This is not a drop -off event.** \$5 per child.

S#	Day	Times	Dates	\$
01	Sun	2:00-6:00pm	May 4	\$5

Register at the door only.

Adult Activities

FITNESS ROOM AT CSC

The Fitness Room at the CSC is a small community gym where with cardiovascular equipment, KEISER pneumatic weight machines, and free weights. If interested in joining, please call (508) 647-6540 to schedule an orientation session.

The membership fee is \$25 for those 60 and above, and \$40 for those 18-59, for a six-month membership. Gift certificates are available from the front desk at the CSC.

Supervised Fitness Room Hours are offered with a trainer for people who need expert advice. Please contact the CSC for more information and hours, (508) 647-6540.

REIKI-LEVEL I

Instructor: Michelle Cromwell
Location: CSC

Reiki is an ancient art of healing that uses the placement of the hands over energy centers in the body called chakras to reawaken and balance the body’s subtle energy of the nervous system, endocrine system and immune system. Reiki Level 1 will give you the attunements/energy switch to perform Reiki on yourself, family, Friends, and pets.

S#	Day	Times	Dates	\$
	Sat	10:00am-noon	Apr 5, 12, 19, 26	\$120

Register at CSC, (508) 647-6540. cash or check, payable to ‘Town of Natick’ due upon registration. \$ includes manual, certificate and book.

CHAIR VOLLEYBALL

Location: CSC
Chair Volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity, which can improve upper body mobility, balance and strength.

S#	Day	Times	Dates	\$
01	Mon	noon	ongoing	free
02	Wed	10:30am	ongoing	free
03	Fri	10:30am	ongoing	free

ZUMBA

Instructor: Susan Craver
Location: CSC

Dance yourself fit.

S#	Day	Times	Dates	\$
	Mon	12:30pm	ongoing	\$3 per /class

Get in shape by joining this vigorous beginner’s exercise session which will use most muscles of your body and provide a cardio workout - all while sitting securely in a chair.

S#	Day	Times	Dates	\$
	Tues & Fri	11:00am	ongoing	\$3 per class

DROP-IN EXERCISE CLASSES @ THE CSC
Buy a DROP-IN MULTI-EXERCISE CARD

There are two different card options:
10 class card for \$30.00, or
5 class card for \$15.00.
You may also pay \$3.00 per class.

CHAIR AEROBICS

Instructor: John Vernon
Location: CSC

Get in shape by joining this vigorous beginner’s exercise session which will use most muscles of your body and provide a cardio workout - all while sitting securely in a chair.

S#	Day	Times	Dates	\$
	Tues & Fri	11:00am	ongoing	\$3/per class

LINE DANCING

Instructor: Manny Correia
Location: CSC

Line dancing is a great way to exercise and have fun doing it. No partner needed; men are always welcome. Line dancing can be done to a variety of musical styles including country, pop, classical and oldies.

S#	Day	Times	Dates	\$
	Wed	noon	ongoing	\$3/per class

T’AI CHI

Instructor: Sheralee Gladu
Location: CSC

T’ai Chi is a Chinese Martial art that is primarily practiced for its health benefits, including a means of dealing with tension and stress.

S#	Day	Times	Dates	\$
	Wed	10:00am	Ongoing	\$3 per class

Register at CSC, (508) 647-6540.

MUSCLE BUILDING:
LOW TO MODERATE BAND EXERCISES

Instructor: Charlene Harper
Location: CSC

This class builds muscles and helps with balance. It is focused on building core strength. It is a good fit for seniors who may have poor balance, or who would feel more comfortable in a slower paced class. It is for beginning band users.

S#	Day	Times	Dates	\$
	Tue	11:00am	ongoing	\$3/per class
	Thu	11:00am	ongoing	\$3/per class

Strength classes are appropriate for all levels of fitness. Class will use elastic bands and hand held weights.

S#	Day	Times	Dates	\$
	Fri	10:00am	Ongoing	\$3 per class

MUSCLE BUILDING: ADVANCED BAND EXERCISES

Instructor: Charlene Harper
Location: CSC

This class is for participants that are familiar with using bands and weight training and continues the exercise progression building strength and strong muscles.

S#	Day	Times	Dates	\$
	Tue	10:00am	ongoing	\$3 per class
	Thu	10:00am	ongoing	\$3 per class

EVENING MUSCLE-BUILDING

Instructor: Charlene Harper
Location: CSC

S#	Day	Times	Dates	\$
	Tue	5:30pm	ongoing	\$/per class
	Thu	5:30pm	ongoing	\$3/per class

STRENGTH TRAINING

Instructor: Sheralee Gladu
Location: CSC

Strength classes are appropriate for all levels of fitness. Class will use elastic bands and hand held weights.

S#	Day	Times	Dates	\$
	Fri	10:00am	Ongoing	\$3/per class

T’AI CHI

Instructor: Sheralee Gladu
Location: CSC

T’ai Chi is a Chinese Martial art that is primarily practiced for its health benefits, including a means of dealing with tension and stress.

S#	Day	Times	Dates	\$
	Wed	10:00am	Ongoing	\$3/per class

Register at CSC (508) 647-6540.

YOGA

Instructor: Gene Pacelli
Location: CSC

Imagine an activity that increases your flexibility, strengthens your muscles, centers your thoughts, relaxes and calms you. Yoga does all that and more! Please bring your own mat.

S#	Day	Times	Dates	\$
	Fri	1:45 pm	ongoing	\$3/per class

CHAIR YOGA

Instructor: Sheralee Gladu
Location: CSC

The gentle breathing exercises and movement of yoga are a great solution for moving in a gentle stress free way to help eliminate stiff and achy joints.

S#	Day	Times	Dates	\$
	Mon	10:00am	ongoing	\$3/per class

VIDEO EXERCISE

Location: CSC

Low-impact beginners aerobics. Many exercises can be done from a chair. Richard Simmons ‘Silver Foxes’ DVD will be used.

S#	Day	Times	Dates	\$
	Tue & Thu	10:00am	ongoing	free

ADULT WOMEN — High School Graduate or older

Location: Coolidge Field

When signing up, please put down the team you would like to play for, if known. Teams from previous year will have first opportunity. Any new players, who have any questions, please call the NR&PD at (508) 647-6530. We will try to accommodate all who register but there are no guarantees.

S#	Day	Game	Times	Dates
01	Tue /Thu	6:15pm sharp	May 13	season start

\$50 residents /\$70 nonresidents

Call the CSC (508) 647-6540 to register

Register online at www.natickma.gov/recreation.

DYNAMIC RUNNING (Ages Adults)

Instructor: Kathy Fleming

Location: Natick High School Track

This class will be 50 % running drills and 50% dynamic running. Kathy who is a two time Olympic Trials Finalist in the 1500 meter and former Cross Country and Track Coach at Boston College can help you become a better all-around runner.

S#	Day	Times	Dates	\$
01	TBA	9:30-10:30am	TBA (5 wks)	\$81

How to register: (508) 647-6540

Register online at www.natickma.gov/recreation

CO-ED ULTIMATE FRISBEE

(Adults - High School Graduate or older)

Location: Cole North Field

We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise! (7 wks)

S#	Day	Game Times	Dates	\$
01	Sat	4:00-6:00pm	May 3 - Jun 21	\$15/\$35

\$15, resident/ \$35, nonresident

(No Class Days) - May 24

Call the CSC (508) 647-6540 to register.

Register online at www.natickma.gov/recreation

TAI CHI; INTRODUCTION & ADVANCED (Adults)

Instructor: Jon Woodward, Certified Tai Chi Instructor

Location: Cole Center Gym

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as “meditation in motion” because it promotes serenity through gentle movements - connecting the mind and body! (10 wks)

S#	Day	Game Times	Dates	\$
INT	Mon	6:30-7:30pm	Apr 14-Jun 23	\$81
Adv	Mon	7:45 - 8:45pm	Apr 14-Jun 23	\$81

(No Class Days) - May 26

Call the CSC (508) 647-6540 to register.

Register online at www.natickma.gov/recreation

WOMEN’S OPEN GYM BASKETBALL

(Adults - High School Graduate or older)

Location: Kennedy Middle School Gym

Pick-up game format will be used, pre-registration is a must!!

S#	Day	Game Times	Dates	\$
01	Wed	7:00-8:30pm	Mar 19 -May 14 (8 wks)	\$30

(No Class Days) - Apr 23

Register online at www.natickma.gov/recreation

BEYOND FITNESS (18+)

Instructor: Joanne Schmalenberger

Location: Community-Senior Center

Rebounding has been proven to be a 90% shock-free and 60% more efficient than any other exercise modalities according to NASA research.

S#	Day	Times	Dates	\$*
1	Mon	5:30-6:30pm	Mar 10-June 2	\$15/class
2	Wed	5:30-6:30pm	Mar 12-June 4	\$15/class
3	Sat	8:30-9:30pm	Mar 15-June 1	\$15/class

(No Class April 21, May 26)

NOTE: No Pre-registration for class necessary. Pre-paid Punch Cards for class visit will be used. Punch Cards can be purchased online at www.natickma.gov/recreation or available for purchase in class. *\$15 single visit, \$50/5 classes or \$85/10 classes.

HEART SAVER PEDIATRIC, FIRST AID AND CPR (18+ years old)

Instructor Juanita Allen, EMT and CPR & First Aid Instructor

Location: Community-Senior Center

This American Heart Association Course is designed for individuals who may need to respond to a First-Aid emergency. Course meets the requirements of child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

S#	Day	Times	Dates	\$
1	Tue	6:30-9:00pm	Apr 8	\$68
2	Thu	6:30-9:00pm	May 22	\$68

Register online at www.natickma.gov/recreation

FINANCIAL AID

Any community member can request a scholarship. Call our case management staff for confidential assistance: (508) 647-6540.

Connect

CLIMATE REALITY PROJECT PRESENTATION

Instructor: Dave Flannery

The Climate Reality Project is former Vice President Al Gore’s initiative to encourage people to take action themselves and ask our leaders to address the climate crisis. There is a short slide show presentation and discussion.

Day	Times	Dates	\$
Thurs	7:00pm	March 20	free

Call the CSC (508) 647-6540 to register.

RENEWABLE ENERGY IN NATICK – AND YOU

Instructor: Bob Bois, former Environmental

Compliance Officer for Natick

Listen to Bob Bois talk about how Natick is using renewable energy and ways you can explore renewable energies for your home and personal use.

Day	Times	Dates	\$
Wed	3:00pm	March 19	free

Call the CSC (508) 647-6540 to register.

RED SOX HOME OPENER VIEWING PARTY – BIG SCREEN

Red Sox vs. Brewers

Location: CSC

Come and watch the home game opener on our BIG SCREEN.

Appetizers will be served.

Day	Times	Dates	\$
Fri	2:00pm	Apr 4	free

Call the CSC (508) 647-6540 to register.

HISTORIC HOMES OF NATICK

AND THE FAMILIES THAT LIVED THERE

Instructor: Jim Morley

Location: CSC

Jim Morley, a historian at Natick’s Historical Society will talk about the fascinating stories of some of Natick’s historic homes and families from the early settlers to the more recent past. Advanced sign up required.

Day	Times	Dates	\$
Mon	3:00pm	Apr 7	free

Call the CSC, (508) 647-6540 to register.

MUSIC IS LOVE

Location: CSC

The duo of Dawn Kelley and Dick Miller have been performing for over 40 years. Offered through a Natick Cultural Council Grant.

S#	Day	Times	Dates	\$
	Fri	2:00pm	Apr 18	free

Call the CSC (508) 647-6540 to register.

NATURE CONNECTION

Location: CSC

The Nature Connection brings animal and nature programs to people with limited access to the natural world and connect them with nature’s capacity to heal and to teach. We bring seasonal natural materials, live animals, storytelling, music and other expressive arts.

S#	Day	Times	Dates	\$
	Thu	1:00pm	Apr 17	free

Call the CSC (508) 647-6540 to register.

ALS INFORMATION SESSION

Instructor: Jan Obermann, MS, COTA/L

Care Services Coordinator,

The ALS Association, and Massachusetts Chapter.

Day	Times	Dates	\$
Wed	3:00pm	March 26	free

Register at CSC (508) 647-6540.

ASK AN ATTORNEY

Instructor: Attorneys Denise N. Yurkofsky

and Julie McQuade Ladimer

Location: CSC

Private appointments are available with elder law Attorneys at the CSC. Appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced Elder law attorney who will provide individual legal advice and/or appropriate referrals. Mid-morning and afternoon appointments available.

Day	Times	Dates	\$
On-going	variable	variable	free

Call the CSC (508) 647-6540 for an appointment.

BAGELS WITH THE Board of Selectmen (B.O.S.)

Location: CSC

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Day	Times	Dates	\$
Thu	9:00am	Mar 27, Apr 24, May 22	free

BETTER BREATHERS GROUP

Instructor: Bernadette Henry-Lucien, Eliot Center

for Health and Rehabilitation

Location: CSC

Designed to educate and support individuals in the community who experience respiratory and pulmonary disease.

Day	Times	Dates	\$
Thu	1:00pm	Mar 6, Apr 3, May 1	free

Call the CSC (508) 647-6540 to register.

BLOOD PRESSURE CLINICS GROUP

Location: CSC

Provided by Natick VNA and Distinguished Care Options & Long Term Solutions.

Day	Times	Dates	\$
Wed	1:30pm	Mar 12, Mar 26, Apr 9 Apr 23, May 14, May 28	free

BEREAVEMENT PROGRAM – DROP IN

Instructor: Judith Chaloux,
Beacon Hospice Bereavement Coordinator
Location: CSC

A person who has suffered the loss of a loved one may need encouragement to take care of their body, mind, and spirit during the difficult work of grieving.

Thu	10:00am	Apr 10	free
Thu	10:00am	May 15	free

Call the CSC (508) 647-6540 with questions or to register.

DIABETES SELF MANAGEMENT GROUP

Instructor: Joan Hill
Location: CSC

Day	Times	Dates	\$
Tue	10:00am	Mar 11	free
Tue	10:00am	Apr 8	free
Tue	10:00am	May 13	free

Call the CSC (508) 647-6540 to register.

HEARING LOSS 101

Instructor: Jonathan O’Dell, ALB
Massachusetts Commission for the Deaf and Hard of Hearing
Location: CSC

Everything you always wanted to know about hearing loss but were afraid to ask. We’ll discuss hearing aids, Personal Sound amplifiers, assistive listening devices, accessibility in public venues and much, much more.

Day	Times	Dates	\$
Fri	1:00 -2:00pm	Mar 28	free

Call the CSC (508) 647-6540 to register.

LOW VISION SUPPORT GROUP

Location: CSC

The Massachusetts Association sponsors the Low Vision Group for the Blind and Visually Impaired. For more information about the group please call Laurie Werle, (800) 852-3029. This group is for individuals who are losing their vision and would like to learn from and listen to others’ experiences.

Day	Times	Dates	\$
Fri	1:00pm	Mar 28	free
Fri	1:00pm	Apr 25	free
Fri	1:00pm	May 23	free

Call the CSC (508) 647-6540 to register.

PODIATRY CLINIC WITH DR. JOHN

Location: CSC

Appointment required.

Day	Times	Dates	\$
Wed	9:00am -noon	Mar 12	Fee will apply
Wed	9:00am -noon	Apr 9	Fee will apply
Wed	9:00am -noon	May14	Fee will apply

Call the CSC (508) 647-6540 to make an appointment.

RED CROSS BLOOD DRIVES AT THE CSC

Location: CSC

Day Times	Dates	\$
Mon 2:00 - 7:00pm	Mar 10	free
Mon 2:00 - 7:00pm	Apr 7	free
Mon 2:00 - 7:00pm	May 12	free

For an appointment, please call 1(800)-REDCROSS (733.2767) , or visit redcrossblood.org.

REPRESENTATIVE LINSKY’S OFFICE HOUR

Location: CSC

Day	Times	Dates	\$
Mon	9:30am	TBD	free

Call for dates (508) 647-6540.

‘THE NURSE IS IN’

Instructor: Natick VNA and Distinguished Care Options

Location: CSC

The nurse is available by appointment only to discuss any health conditions or concerns.

Day	Times	Dates	\$
Thu	1:00 - 2:00pm	Weekly	free

Call CSC (508) 647-6540 for an appointment.

VISION FAIR

Location: CSC

The Lions Club’s goal is to educate the community on eye and vision issues and how to live with them.

There will be lots of information, vendors, talks and games for everyone.

Day	Times	Dates	\$
Sat	10:00-2:00pm	Mar 29	free

GENEALOGY- USING THE INTERNET FOR YOUR GENEALOGY RESEARCH

Instructor: Seema Kenney, founder Massresearchers.com and **BU Genealogical Research Certificate**

Location: CSC

The Internet is an amazing resource for genealogy research whether you’re looking for census information, military records, birth/Marriage/ death records etc. We’ll look at some well known resources and may-be introduce you to ones that you haven’t heard about. The Internet is a great place to do some serious ‘couch’ research and an essential tool for budding family historians.

Day	Times	Dates	\$
Fri	11:00am	Mar 28	\$5

Register at CSC (508) 647-6540, cash or check, payable to ‘Town of Natick’ due upon registration.

PIANO LESSONS

Instructor: Renee Bordner

Location: CSC

Have you always wanted to play or wished to get back to it? Half-hour private lessons with an experienced piano teacher. Bring your own music or purchase from the instructor. NOTE: Adults only.

Day Times	Dates	\$
Tue Call for times	weekly	\$120 for 4 lessons

Register at CSC (508) 647-6540, cash or check, payable to ‘Town of Natick’ due upon registration.

SURREALISM TO POP ART

Instructor: Brett Rhyne

Location: CSC

A lecture on modern art through movements including Abstract expressionism, Geometric abstraction and Color field painting and artists including Magritte, Mondrian, Pollock, Rothko, Lichtenstein and Warhol.

Day	Times	Dates	\$
Thu	2:00pm	Apr 3	free

Call the CSC (508) 647-6540 to register.

HISTORY AND APPRECIATION OF ART II (AR 102)

Location: CSC

Covers the history of Western Art from the Renaissance to the present. Includes Michelangelo, van Eyck, Durer, Velazquez, Rembrandt, Goya, Picasso, and Matisse. Emphasis is given to sequential development of major styles in painting, sculpture, and architecture, the role of the individual artist, and the relationship of visual arts to social cultural trends. 3 - credits.

Day	Times	Dates	\$
Mon/Wed	6:00-8:45pm	Mar 24 -May 14	\$545

In person registration Natick Community-Senior Center & at Mass-Bay campus at Wellesley Hills or online registration: www.massbay.edu/natick

OPERA APPRECIATION SERIES

Instructor: Ron Williams

Location: CSC

Back by popular demand, our opera appreciation class has been expanded. Let’s explore your favorite opera! We will offer a 12-week session and study opera from all genre and periods. Classes are guaranteed to be fun and entertaining.

Day	Times	Dates	\$
Fri	11:00am-1:00pm	Mar 7 -May 30	free

Call the CSC (508) 647-6540 to register.

BALLROOM DANCING

Instructor: Manny Correia

Location: CSC

This course will focus on having fun and learning to dance with confidence to a variety of dances, such as foxtrot, waltz, swing, rumba, cha-cha and more.

Day Times	Dates	\$
Thu 7:00pm	Mar 27, other dates TBD	\$80 /series

Register at CSC (508) 647-6540, cash or check, payable to ‘Town of Natick’ due upon registration.

VEDIC MATH - FAST AND EASY WAY TO DO MATH

Instructor: Swati Dave

Location: CSC

In this Vedic Math workshop, we will focus on the history of Vedic math, understanding the advantages of Vedic Math, and learning ways to perform basic calculations.

S#	Day	Times	Dates	\$
01	Mon	6:30-8pm	6/2/2014	\$10

EXPLORING WORLD RELIGIONS (HU 105)

Location: CSC

Compares what world religions believe about God, Atheism, Grace, Karma, Reincarnation and more. Explores what these beliefs contribute to our understanding of today’s issues. 3 credits.

Day	Times	Dates	\$
Tue & Thu	6:00pm -8:45 pm	Mar 2 -May 15	\$545

In person registration Natick Community-Senior Center & at MassBay campus at Wellesley Hills or online registration: www.massbay.edu/natick

SO YOU WANT TO START YOUR OWN BUSINESS

Instructor: Deb Sayre

Location: CSC

This two-session workshop is open to anyone thinking about starting their own business. Participants will explore the top ten most important questions one must answer before taking the leap. Open to all adults.

Day	Times	Dates	\$
Wed	7:00 -8:30pm	Apr 23 & 30	\$50

Register at CSC, (508) 647-6540, cash or check, payable to ‘Town of Natick’ due upon registration.

READY FOR RETIREMENT

Instructor: Rhonda Garvin Conaway

Location: CSC

Have you been thinking about what retired life will look like for you? Participants are invited to plan for their next step in life through a series of empowering workshops. Weekly topics will include: finances, wellness, vitality.

Day	Times	Dates	\$
Tues	7:00-8:15pm	Apr 1, 8, 15, 29,	\$40

Register at CSC, or call (508) 647-6540.

Cash or check, payable to ‘Town of Natick’ due upon registration.

SHARPENING AWARENESS FOR WOMEN

Instructor: Deb Sayre

Location: CSC

This series of three evenings will explore matters of Mindful Decision-Making, the Language of Seeing and Understanding our Mistakes. The intent of the series is to provide tools and practices women might put to use in their daily lives. Open to all women.

Day	Times	Dates	\$
Wed	7:00-8:30pm	May 14, 21, 28	\$50

Register at CSC, (508) 647-6540, cash or check, payable to ‘Town of Natick’ due upon registration.



BOSTON BASEBALL HISTORY 1871-2013

Instructor: Herb Crehan, Red Sox Historian

Location: CSC

Join Herb Crehan as he tells the story of professional baseball in Boston. Discussions during the four weekly sessions will center on the players who played in Boston and the significance of baseball on the culture of Boston and New England. \$5. per lecture, \$25 for series,

Day	Times	Dates	
Wed	4:00pm	May 7, 14, 21, & 28	\$5/\$25

Register at CSC, (508) 647-6540, cash or check, payable to 'Town of Natick' due upon registration.

LEARN TO PLAY BRIDGE

Instructor: Robert Baum

Location: CSC

Competitive bidding, play of the hand and signaling will be emphasized. A number of additional uses of the Double and several conventions will be introduced. This class is for the advanced beginner. (8 wks)

Day	Times	Dates	\$
Tue	3:15- 4:45pm	Begins Mar 4	free

FOOD SAFETY SOLUTIONS FOR SENIORS

Instructor: Barbara Gold, RD, from BayPath Elder Services

Location: CSC

Do you really need to cook that steak until it's well done to be safe? Can you cut mold off cheese and then eat the rest of it? In a presentation by Barbara Gold, RD, CPC from BayPath Elder Services, you'll find scientific facts and information on degrees of risk which will help you make your own informed decisions.

Day	Times	Dates	\$
Thu	11:00am	Apr 10	free

Call the CSC (508) 647-6540 to register.

PRESCRIPTION ADVANTAGE

Instructors: Kathy Devine, Executive Office of Elder Affairs

Aging

Location: CSC

Come and learn how Prescription Advantage can help to fill the 'donut' hole in your Medicare prescription drug coverage.

Day	Times	Dates	\$
Fri	10:00am	Mar 28	free

Call the CSC (508) 647-6540 to register.

TRANSPORTATION SERIES: CAR BUYING MADE EASY

Instructor: Steve Kiviat

Thursday, 1:00pm March 13 free
You will learn all you need to know about buying your new car. Learn about the benefits of a new car v. a pre-owned car.
Call the CSC,(508) 647-6540 to register.

SHIFTING GEARS PROGRAM

Instructor: Michele Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles

Location: CSC

Ms. Ellicks will discuss issues facing senior drivers, the Commonwealth's rules of the road, recent changes that have taken place at the RMV, as well as the warning signs of unsafe driving. The program received the Outstanding Public Service Safety Award by the American Association of Motor Vehicle Administrators.

Day	Times	Dates	\$
Fri	10:00am	Apr 25	free

Call the CSC (508) 647-6540 to register.

GET YOUR CHARLIE CARD & LEARN ABOUT THE MWRTA

Location: CSC

The MetroWest Regional Transit Authority will be discussing public transportation options as well as issuing Transportation Access Charlie Cards for anyone 65 or older or under 65 with a qualifying disability. Please bring an ID or proof of age document if purchasing a Charlie Card.

Day	Times	Dates	\$
Fri	10:00am	Apr 11	free

Call the CSC, (508) 647-6540 to register.

TRANSPORTATION OPTION FOR SENIORS:

ITN GREATER BOSTON

Location: CSC

The Independent Transportation Network of Greater Boston (ITN Greater Boston™) or ITNGB provides a community-based, quality transportation service for seniors and adults with visual impairments. Come learn about us!

Day	Times	Dates	\$
Mon	10:00am	Apr 14	free

Call CSC, (508) 647-6540 to register.

AARP SMART DRIVER PROGRAM

Location: CSC

AARP offers this 5-hour classroom refresher course. No written exam, No driving test, just a great opportunity to better understand the updated technologies in new vehicles, the rules of the road, strategies to compensate for age-related changes in vision, hearing and response time, and much more. A certificate of completion will be awarded to all participants, which may qualify you for an insurance discount.

Day	Times	Dates	\$
Mon	10:00-3:00pm	Apr 28	\$15/\$20

\$
15 for AARP members, \$20 non-members.
Cash or check payable to the instructor due at class. Register at CSC (508) 647-6540.

CULTURAL EXPLORATIONS - INDIA

Explore fascinating aspects of India against the background of our globally interconnected communities. Discover the art, literature, math, and cuisine of an ancient culture and the complexities of a modern country through this 5 lecture series and demonstrations. Presenters are people deeply immersed in their fields of study who are passionate about sharing their work and findings.

MAHABHARATA: AN EPIC OF THE GREAT WAR

Instructor: Kamesh Aiyer

Location: CSC

Mahabharata is the key to understanding the Indian ethos and world-view. We will present a summary of Mahabharata, followed by a discussion on the significance of the Mahabharata as a carrier of living advice, and a guide to strategy in negotiation.

S#	Day	Times	Dates	\$
01	Mon	6:30-8pm	Apr 28	\$10

INDIA IN THE NEWS

Instructor: Vinita Shah and Swati Dave

Location: CSC

In this workshop, we will read recent articles about India from leading newspapers and journals and discuss some of the issues in India currently in the news.

Day	Times	Dates	\$
Mon	6:30-8pm	May 5	\$10

FOLK LIFE AND FOLK ART: HEART OF CULTURAL TRADITIONS

Instructor: Sunanda Sahay

Location: CSC

The key to understanding India lies in its deep traditions that sustain the unique Indian ethos and affect its current world-views. Experience 'Madhubani' art with a practicing artist who is passionate about promoting a deeper understanding of India through her art.

Day	Times	Dates	\$
Sat	10am-noon	May 12	\$10

THE GENESIS OF THE INDIA-PAKISTAN CONFLICT - NARRATIVES, PERCEPTIONS AND POSSIBILITIES

Instructor: Meenakshi Chhabra

Location: CSC

This module on the India-Pakistan conflict will introduce the participants to a brief overview of the history of the conflict between India and Pakistan as perceived by the youth from the two countries. The presentation will allow participants to engage in a critical discussion on the complexity of teaching about historical events of collective violence.

S#	Day	Times	Dates	\$
01	Mon	6:30-8pm	May 19	\$10

MassBay and Natick CSC

HISTORY AND APPRECIATION OF ART II (AR 102)

Location: CSC

Covers the history of Western Art from the Renaissance to the present. Includes Michelangelo, van Eyck, Durer, Velazquez, Rembrandt, Goya, Picasso, and Matisse. Emphasis is given to sequential development of major styles in painting, sculpture, and architecture, the role of the individual artist, and the relationship of visual arts to social cultural trends. 3 - credits. 60+ senior discount.

Day	Times	Dates	\$
Mon/Wed	6:00-8:45pm	Mar 24 -May 14	\$545

EXPLORING WORLD RELIGIONS (HU 105)

Location: CSC

Compares what world religions believe about God, Atheism, Grace, Karma, Reincarnation and more. Explores what these beliefs contribute to our understanding of today's issues. 3 credits. 60+ senior discount.

Day	Times	Dates	\$
Tue & Thu	6:00pm -8:45 pm	Mar -May 15	\$545

In person registration Natick Community-Senior Center & at MassBay campus at Wellesley Hills or online registration: www.massbay.edu/natick

DRAWING I (AR121)

Location: CSC

Drawing studio introduces and builds upon fundamental drawing concepts including line, value, shape, form, space, intent and other elements. This course is for experienced students and beginners. 3 Credits. 60+ senior discount.

Day	Times	Dates	\$
Mon & Wed	6:00-8:45 pm	3/24-5/14	\$545

In person registration Natick Community-Senior Center & at MassBay campus at Wellesley Hills or online registration: www.massbay.edu/natick

CAREER DEVELOPMENT: MAKING AN INFORMED DECISION ABOUT YOUR FUTURE (WK 009)

Location: CSC

Hands-on series of four workshops to assist individuals as they work through the process of discovering a new career. The sessions will cover a range of topics: self-assessment, exploration, focusing, search, resumes, cover letters, and interviewing skills. This is a non-credit class. (no class on Apr 19)

Day	Times	Dates	\$
Sat	10:00-1:00	3/ 29, 4/5, 12, & 26	\$125

In person registration Natick Community-Senior Center & at MassBay campus at Wellesley Hills or online registration:

Computers

FREE OPEN SOURCE SOFTWARE (FOSS) USER GROUP

Location: CSC

Learn about good, free, reliable software for your computer, and share ideas with others who use it! All computer users are welcome.

Usually meets the first Thursday of the month.

Day	Times	Dates	\$
Thu	3:30pm	Mar 6, Apr 3, May 1	free

COMPUTERS FOR BEGINNERS

Instructor: Swati Dave

Location: CSC

This introductory hands-on workshop is for people who want to be a skilled computer user. Class size limited to 11.

Day	Times	Dates	\$
Sat	10:00am-noon	Mar 8	\$10

Register at CSC, cash or check, payable to ‘Town of Natick’ due upon registration.

INTRODUCTION TO POWERPOINT

Instructor: Swati Dave

Location: CSC

This introductory hands-on workshop will provide you with a working understanding of the basic features of MS PowerPoint, skills to create and format slides, apply templates, insert pictures, shapes etc., and to set up slideshow. Class size limited to 11.

Day	Times	Dates	\$
Sat	10:00am-noon	Apr 19	\$10

Register at CSC, cash or check, payable to ‘Town of Natick’ due upon registration.

COMPUTER LAB

Instructor: Tom Swan

Location: CSC

Drop-in, first come, first served.

Day	Times	Dates	\$
Tue/ Wed/ Thu	1:00 - 3:00pm	ongoing	free

TECHNOLOGY HELP — DROP-INS

Instructor: Tech student ‘experts’ from Natick High School

Location: CSC

Bring your Smartphone, tablet or other device and your QUESTIONS! Drop-in is first come, first served.

Day	Times	Dates	\$
Wed	3:30-4:30pm	ongoing	free

Day	Times	Dates	\$
Sat	10:00am-noon	Apr 19	\$10

BADMINTON — DROP IN

Location: CSC

S#	Day	Times	Dates	\$
	Wed	10:00am-noon	ongoing	free

Games

POKER — DROP-IN

Location: CSC

Friendly game with no money involved.

Day	Times	Dates	\$
Mon	noon	ongoing	free

SCRABBLE — DROP IN

Location: CSC

Day	Times	Dates	\$
Mon	1:00pm	ongoing	free

MAH JONGG — DROP IN

Location: CSC

Friendly game with no money involved.

Day	Times	Dates	\$
Tue	noon	ongoing	free

DUPLICATE BRIDGE — DROP IN

Location: CSC

For experienced bridge players. You may attend without a partner.

Welcome to come and observe on your first visit then join in when you are comfortable. A social, fun group. Materials provided.

Day	Times	Dates	\$
Wed	12:30pm	ongoing	free

CONTRACT BRIDGE — DROP IN

Location: CSC

This is an informal bridge group for people who have some knowledge of the game. No formal instruction but materials are provided.

Day	Times	Dates	\$
Thu	9:00am	ongoing	free

BINGO – DROP IN

Location: CSC

Operated by the Friends of the Natick Senior, Inc.

Day	Times	Dates	\$
Tue & Thu	12:45pm	ongoing	(contact Friends)

BILLIARDS – DROP IN

Location: CSC

Pick-up games. 18 years old or older.

S#	Day	Times	Dates	\$
	Mon-Fri	9:00am - noon	ongoing	free

PING PONG – DROP IN

Location: CSC

Pick-up games. Participants under 18 must have an 18+ with them.

S#	Day	Times	Dates	\$
	Mon	3:00 - 5:00pm	ongoing	free
	Fri	2:00 - 7:00pm	ongoing	free

Create

WATERCOLORS — Beginning / Intermediate

Instructor: Sally Meding

Location: CSC

In this class, we will explore how much water to pigment to use, brush handling, color mixing, glazes, textures and an introduction to good composition/design. There will be step-by-step demonstrations.

S#	Day	Times	Dates	\$
	Mon	6.30– 9:00pm	Mar 24-May 12	\$175

Register at CSC, (508) 647-6540. (No class Apr 21)

PORTRAIT PAINTERS

Location: CSC

The group paints a live clothed model. All mediums are used, but turpentine is not allowed. Models are paid \$40 that comes from collecting \$6 from all artists that are using the model payable at the front desk to the Town of Natick. If you would like to model for the group please call (508) 647-6540.

Day	Times	Dates	\$
Thu	10:00am - noon	ongoing	\$6 per class

no classes on Mar 13, Apr 10, or May 8

Register at CSC, or call (508) 647-6540.

ALL MEDIA OPEN WORKSHOP

Location: CSC

Artists can sketch in charcoal, pencil or any medium they choose. Participants can apply color in other mediums they choose. Please bring your own supplies.

Day	Times	Dates	\$
Fri	9:30am	ongoing	free

Call the CSC (508) 647-6540 to register.

BASIC DRAWING

Instructor: Erika C. Edmands

Location: CSC

You will learn about basic drawing techniques with focus on line shape, negative space, value, texture, proportion, perspective, and composition. Bring newsprint or drawing pad and Soft-pencil 4B or 6B - the supply list will be mentioned in class.

Day	Times	Dates	\$
Wed	9:30-11:30am	Mar 5- Jun 25	free

Call the CSC (508) 647-6540 to register. Space limited to 15

DRAWING I (AR 121) MassBay/Natick

Location: CSC

Drawing studio introduces and builds upon fundamental drawing concepts including line, value, shape, form, space, intent and other elements. This course is appropriate for experienced students and beginners. 3 Credits.

Day	Times	Dates	\$
Mon & Wed	6:00-8:45 pm	Mar 24-May 14	\$545

In person registration Natick Community-Senior Center & at MassBay campus at Wellesley Hills or online registration: www.massbay.edu/natick

MIXED MEDIA FUN

Instructor: Sylvia Quiroga

Location: CSC

Make a 12x12” mixed media art on canvas. Bring your enthusiasm and love of creating with textures, colors, paper, etc. Take home your ‘ready-to-hang’ piece made on each date below! All materials included in the fee.

Day	Times	Dates	\$
Tue	10:00am-noon	Apr 8	\$30
Tue	10:00am-noon	Apr 15	\$30
Tue	10:00am -noon	Apr 22	\$30
Tue	10:00am-noon	Apr 29	\$30

Register at CSC (508) 647-6540. Cash or check payable to ‘Town of Natick’ due upon registration.

DOODLE THERAPY

Instructor: Sylvia Quiroga

Location: CSC

It’s time to rediscover the art of doodling. Drop in any or all of the following dates and get ready to get completely immersed in the process all the while creating great art!

Day	Times	Dates	\$
Tue	10:00am-noon	Mar 11	\$20
Tue	10:00am-noon	Mar 25	\$20
Tue	10:00am-noon	Apr 1	\$20

Register at CSC (508) 647-6540. Cash or check payable to ‘Town of Natick’ due upon registration.

ADVENTURES IN COLLAGE FOR ADULTS

Instructor: Catherine Weber

Location: CSC

Learn various collage techniques.

Day	Times	Dates	\$
Thu	7:00 -9:30pm	Apr 10 to May 8	\$100

Cash or check payable to ‘Town of Natick’ due upon registration. Please request a materials list upon registration. Register at CSC (508) 647-6540.

WRITER’S GUILD

Location: CSC

This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members if you wish.

Day	Times	Dates	\$
Tue	:00pm	ongoing	free

Call the CSC (508) 647-6540 to register.

FINANCIAL AID

Any community member can request a scholarship. Call our case management staff for confidential assistance: (508) 647-6540.

SCULPTURE CREATIONS FOR ADULTS AND TEENS: PART 1

Instructor: Leon Furr
Location: CSC
Workshop coaching on use of sculpting tools and materials that create graceful works from cherished thoughts. Includes construction of wall hung relief clay art works.

Day	Times	Dates	\$
Sat	10:00-11:00	Mar 22	free/info
Sat	10:0011:30	Mar 29, Apr 5, 12, 19	\$40/series

Register at CSC, (508) 647-6540 cash or check payable to 'Town of Natick' at registration. Request a materials list upon registration.



SCULPTURE CREATIONS FOR ADULTS AND TEENS: PART II

Instructor: Leon Furr
Location: CSC
Workshop coaching on use of sculpting tools and materials. Includes armature and construction of three dimensional clay art works.

Day	Times	Dates	\$
Sat	10:00-11:00am	Apr 26	free /info
Sat	10:00 –11:30am	May 3, 10, 17, 24	\$40/ series

Register at CSC, or call (508) 647-6540.
Cash or check payable to 'Town of Natick' due upon registration.
Please request a materials list upon registration.

PHOTO BASICS: How to take great pictures with your iPhone, iPad, or 'point and shoot' camera.

Instructor: Conrad Gees
Location: CSC
You will learn about perspective, simplicity, depth, light and shadow, balance, shapes, color (feelings), action and how these affect mood as well as feelings humor, pathos, a story. Participants need to bring their own I-Phone, I-Pad, or 'point and shoot' camera.

Day	Times	Dates	\$
Thu	7:00-8:30pm	Apr17, 24, May 1, 8	\$100

Register at CSC, or call (508) 647-6540.

MAKING FULL USE OF YOUR DSLR CAMERA

Instructor: Conrad Gees
Location: CSC
Participants in this class we will learn how to use DSLR settings and learn how different lenses affect the shot. Participants need to bring their own camera. Each participant will graduate with one custom print of a photograph of their choosing.

Day	Times	Dates	\$
Mon	7:00s-8:30pm	Mar 10, 17, 31 and Apr 7	\$100

Register at CSC or call (508) 647-6540.

QUILTING

Location: CSC
All levels welcome to this informal quilting group. No formal instructions given but if you bring your project the group will most likely be able to offer guidance and suggestions. There are various supplies available for use including cutting boards, rotary cutters, sewing machines and fabrics. Machine and hand quilters welcome.

Day	Times	Dates	\$
Thu	1:00 - 3:00pm	ongoing	free

Call the CSC (508) 647-6540 to register.

BEADED JEWELRY MAKING PROGRAM - Drop-in

Location: CSC
Come and make your own beaded jewelry creations including earrings, bracelets, necklaces, etc. All materials are provided and there is a modest charge per item made and taken.

Day	Times	Dates	\$
Mon	10:00am - noon	TBA	Small materials fee

Drop in or call the CSC (508) 647-6540 to register.

BEADED FLOWER CLASS

Location: CSC
Learn the art of beaded flower making from a knowledgeable instruction. Participants learn to make beautiful beaded flowers and arraignments.

Day	Times	Dates	\$
Tue	1:00pm	ongoing	\$10 for supplies, \$20 at first class

Call the CSC (508) 647-6540 to register.

KNITTING & CROCHETING

Location: CSC
All are welcome to join and may bring any supplies to use. We also have yarns on hand to get started. This isn't an instruction class, but our experienced knitters can answer any questions and knitting challenges you bring.

Day	Times	Dates	\$
Wed	1:00pm	Ongoing	free

Register at CSC or call (508) 647-6540.

Veterans' Services

About Us –

Our team works hard to ensure our veterans have the information and the support they need to prosper in the community. We focus our efforts on accessing benefits for eligible veterans and in providing a range of information on relevant programs, services and supports.
Call: (508) 647-6545



MEMORIAL DAY 2014
MONDAY, MAY 26

Activities get underway at 8:30am at Moran Park.
Please plan to join us for the day.

MASS VETS ADVISOR

MassVetsAdvisor.org is an easy-to-use online resource created by the Commonwealth of Massachusetts that strives to serve the nearly half-million Veterans living in Massachusetts, and their families, as a bridge to the many benefits that they have earned in defense of our nation. By combining state and federal benefits, as well as non-profit resources into one tailored online search, Veterans and their families now have access to one stop shopping for all of their needs.



NEW: VETERANS' SUPPORT GROUP

WHEN: 3rd Thursday of each month, 8:00pm, starting April 17th, 2014
WHERE: Community-Senior Center
FEE: None
REGISTRATION: Contact the Veterans' Services Division at (508) 647-6545.

This group is open to any / all veterans interested in gathering with others. Experts will join us to explore those matters important to the group, which could include topics such as: re-entering the work force, emotional health, relaxation techniques, and the like.

NEW: TRX SUSPENSION TRAINING

WHEN: 3rd Sunday of each month, 10:00am - noon, starting April 20th, 2014
WHERE: Community-Senior Center
FEE: Free
REGISTRATION: Contact the Veterans' Services Division at (508) 647-6545.

The TRX Suspension Trainer is considered one of the best of its kind; leveraging gravity and your body weight to maximize your workout. An excellent training regime, right here at your Community Senior-Center.

VETERANS

REDUCE YOUR PROPERTY TAX BY \$1,000

Eligible veterans can in exchange for 125 hours of municipal service, earn \$1,000. reduction in their property tax. Eligibility requirements for veterans include that the applicant is:

- a veteran of the U.S. armed services (honorably discharged)
- a Natick resident
- owns and occupies, as a primary residence, the property due to receive a tax reduction

Staff of the Veterans' Services Division is pleased to assist any interested veteran with this process.

Human Services

About Us –

Information and Referral (I&R) brings people and services together. Human Services & Council on Aging provides many services, but if we do not provide the exact service you need, our Certified Information & Referral specialist can help you find who does. When people don't know where to turn, I&R is there for them. Our free services are open to anyone and are confidential. We can help you find the resources you need for community, education, social, and health services.

Call: (508) 647-6540

Case Management /Social Services Includes:

- Short-term counseling for those without insurance coverage
- Outreach to older residents, including home visits
- Assistance with applications to federal, state, and health care agencies
- Computerized screening for eligibility to federal and state programs
- Depression screening
- Information and support regarding long-distance care giving issues
- Coordination of services across multiple agencies

Please call the Community-Senior Center if you would like to make an appointment with a member of our social services staff. Telephone consultations are also available. (508) 647-6540.

FUEL ASSISTANCE APPLICATIONS

Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) and the Salvation Army Good Neighbor Energy Fund (GNEF). Applicants may be Natick residents of any age, homeowners or renters, pay for their own heat or in some circumstances have it included in their rent, and may use any type of heating fuel. Individuals and families qualify for the fuel assistance program if the combined total gross annual income of all household members over the age of 18 is within certain income limits. Families whose children are eligible for free or reduced price school lunches are also eligible for Fuel Assistance.

BUILDING TOWARD RESILIENCY: A PARENT RESOURCE GROUP

Facilitators: Cari Tatian, RN, MSN and Christina Player, LICSW Natick Human Services & Council on Aging

Struggling to feel connected to your children and what is happening in their lives? Wanting to parent a certain way but some of the strategies that you have been trying aren't working anymore? Wonder if you are giving your children the tools they need to develop into independent and productive adults? Parents and grandparents invited to join us in this facilitated group to develop skills to become more resilient for yourself, your children and your families.

In partnership with SPARK Kindness, developed by Christine Fortune Guthery, President and Co-Founder of the Natick/MetroWest Anti-Bullying Coalition.

WHEN: 2nd Tuesday of every month, 6:30-8:00pm . Ongoing.

WHERE: CSC

REGISTRATION: Call to register (508) 647-6540.

FREE, CONFIDENTIAL SCREENING FOR DEPRESSION, ANXIETY, BI-POLAR DISORDER, AND POST TRAUMATIC STRESS DISORDER (PTSD)

Free online screening with local resources, informational articles and videos on our webpage www.natickma.gov/human-services.

CAREGIVER SUPPORT GROUP & COFFEE HOUR

Facilitator: Christina Player, LICSW

Natick Human Services & Council on Aging

WHEN: 3rd Thursday / month, 10:00-11:00am, Ongoing.

WHERE: CSC

REGISTRATION: Call to register. (508) 647-6540.

Support group designed to help caregivers practice self-care while caring for a relative or friend whether living at home or in a nursing facility.

FREE TAX HELP FOR LOW TO MODERATE INCOME RESIDENTS

The Earned Income Tax Credit (EITC) is a benefit for working people who earn lower to moderate incomes. There could be up to \$6,044 extra in federal income tax refunds through the EITC, and as much as \$1,000. per qualifying child for the Child Tax Credit or (CTC). Please contact the Natick Community-Senior Center (508) 647-6540 to schedule an appointment with one of our trained tax volunteers who can help you file your federal and state income tax returns.

Council on Aging

About Us –

We seek to provide information and support to those aging in our community. Council on aging staff welcome you to call for an appointment should you find yourself in need of support or assistance.

Call: (508) 647-6540



FRIENDS OF NATICK SENIOR CENTER

Our Friends group provides financial support for activities, special events and postage for our newsletter. The Friends operate the Lincoln Café and the Little Gift Shop at the Community-Senior Center. Membership in the Friends begins at \$10/year. Consider becoming a 'Friend' of the Natick Senior Center – and help to realize our future!

Cleaning out closets and drawers? Donate your used clothing and shoes to the Planet Aid collection box located in the northwest corner of the CSC parking lot and the Friends will receive a contribution from planet Aid per pound of your donation.

Shopping online? You can find most online retailers at the GoodShop website. Go to the GoodShop website and select Friends of Natick Senior Center, Inc. as the charity you want to receive a percentage of your purchases as a donation. It does not cost anything extra; the Friends just receive a donation.

ALL YOU EVER WANTED TO KNOW ABOUT THE COMMUNITY-SENIOR CENTER

Instructor: Debbie Budd, Outreach Worker

WHEN: Thu Mar 20, 5:00pm

Thu Apr 17, 3:00pm; Thu May 15, 5:00pm

WHERE: CSC

REGISTRATION: Please call (508) 647-6540

BRIDGES: Growing Older, Growing Together (Older Adults/Grandparents)

An intergenerational program that fosters friendships and understanding between older adults and fourth grade children in our elementary schools. You will spend 1 hour per week for six weeks sharing your experiences as you work together in the classroom, under the guidance of a teacher.

WHEN: Mon or Wed 1:15-2:15 Mar 3 -Apr 10
OR Mon,Tue or, Wed 1:15-2:15 Apr 28-June 9

Contact Karen or Lorraine at the CSC (508) 647-6540

ATTENTION! SENIOR HOMEOWNERS & RENTERS! CIRCUIT BREAKER TAX CREDIT

The Massachusetts "Circuit Breaker" Tax Program is for persons 65 or over whose property taxes (or 25% of rent) exceed 10% of their annual gross income and who meet other qualifying criteria. You may be eligible even if you receive a property tax exemption through the town. Call the COA for more detailed information.

FREE TAX HELP FOR RESIDENTS OVER 60

NEED HELP DOING YOUR TAXES? Help is available through the Council on Aging. Trained and certified AARP tax volunteers will be available, by appointment only, at the CSC to help with federal and state income tax returns.

The program is designed to assist people of low-to-middle-income with special attention to those age 60 and older but not limited to those over 60. Services are offered free of charge, by appointment.

Volunteers are also available to assist older residents who are homebound due to illness or disability. To access this service please call (508) 647-6540 to make an appointment or learn about in-home services.

Recreation & Parks

About Us –

Staff seek to provide the community with comprehensive recreational programming for individuals of all ages and abilities while enhancing our community through people, parks, and programs.

Call: (508) 647-6530



YOUTH SPORTS ORGANIZATIONS

Recreation & Parks partners with many youth organizations to make sure the youth in our town get an opportunity to learn a new sport or activity. These youth organizations look to enhance children's self esteem, improve teamwork and keep kids healthy and active. Here is a listing of some of the youth organizations in Natick:

Natick Comets Hockey Club:
www.natickcomets.com

Natick Lacrosse:
www.naticklacrosse.com

Natick Little League and Youth Softball
www.natickll.org

Natick Soccer Club
www.naticksoccer.org

Natick Youth Football and
Cheerleading Assoc.
www.natickyouthfootball.org

Natick Community Gardens

at John J. Lane Park



We're very pleased to announce the launch of the Natick Community Garden Project at JJ Lane! With the support and leadership of the Conservation Commission, the town is realizing what many of you have asked for: access to community garden plots in your neighborhoods. The first of what we hope will be many more community gardens to come, the Community Services Department is very pleased to be managing this long awaited initiative.

Community Garden at JJ Lane: There will be 26 raised garden beds in the lottery. Plots will have access to water and the gardens themselves from dawn 'till dusk. The fee is \$50. annually with a \$25. deposit.

Basics:

- All gardeners must commit to organic gardening principles
- Gardeners will be required to follow a set of guidelines in order to remain a member of good standing
- Plots must be planted by June 1st and cleaned out by October 1st

Eligibility/Registration:

- All Natick residents are welcome to enter their name into the pool
- Application deadline is March 28, 2014
- Mandatory meeting on April 10th, 2014 6:00-7:30pm at the Community Center at which time the lottery will be drawn and program requirements reviewed

If you are interested, please contact Lynda Simkins via email at: lynda@natickfarm.org for more information and applications.



NATICK COMMUNITY GARDENS

<http://www.natickfarm.org/communitygardens>



SASSAMON TRACE GOLF

Tournaments & Special Events

Sassamon Trace offers a variety of public tournaments, programs clinics and special events. For a calendar of events and registration information call the golf shop at (508) 655-1330 or go online at www.sassamontrace.com.

Golf Courses And Instructions

Sassamon Trace Golf Course

The Natick Recreation and Parks Department is proud to provide Natick with a quality 9-hole, par 32 golf course conveniently located at 233 South Main Street. Sassamon Trace offers a wide variety of services and merchandise to serve your golfing needs.

2014 Season Passes – Resident Fees:

Adult	7-Day Pass	\$750
Senior	7-Day Pass	\$625
Junior	7-Day Pass	\$425
Summer	7-Day Student	\$300
Limited Weekday Pass		\$500

9-Hole Daily Golf Fees

	Mon-Fri	Sat-Sun
Adults	\$21	\$23
Seniors	\$16	\$23
Juniors	\$16	\$23
Twilight	\$15	\$15
Twilight Juniors	\$9	\$9

Twilight begins 1½ hrs. before sunset.